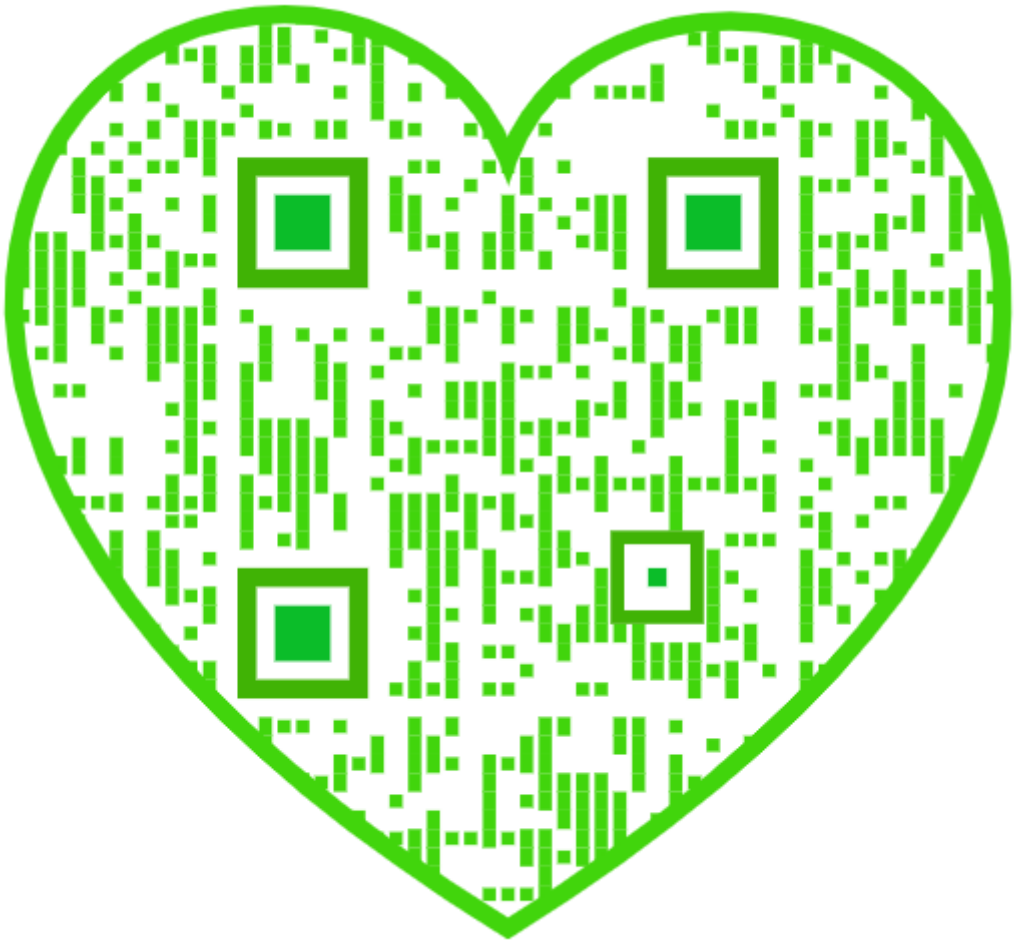
ATLANTA WOMAN'S CLUB
COOK BOOK



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ATLANTA WOMAN'S CLUB

Atlanta Woman's Club

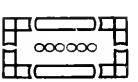
COOK BOOK

Edited by

Home Economics Department

MRS. NEWTON C. WING,
Chairman.

MRS. J. A. CARLISLE,
Chairman of Cook Book.



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MISS MARY PINCKNEY MEANS.

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ATLANTA WOMAN'S CLUB COOKBOOK

Decorations by Miss Marie Haines, Miss Mary Means, Censor of Recipes.

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FOREWORD.

In offering this book to the public, the cook book committee is divided between two impulses—the first, to apologize for its temerity in offering a cook book compiled and edited for the most part by amateurs and which, if advanced sales are an indication, will be passed in review by housewives from coast to coast; and second (much the stronger we fear) a feeling that we have done our very best and are willing to be judged according to the standard of the very best cook books.

For six months this committee composed of some of the most prominent women of the state, has labored almost unceasingly to present to other women who honor their profession as housewives the recipes which thousands consider to be their choicest. Each of these recipes has been thoroughly tested by the contributor, and after reaching us has been censored by the Home Economics Director, Miss Mary Means of the Girls' High School Faculty. We regret deeply that space could not be found for every one of the delicious recipes sent us, but the necessity for having, as nearly as possible, an evenly balanced book, and one in which every direction is clearly stated, and with no duplicates, caused many to be eliminated by the censor. Some recipes will be found in other places in the book, where they seemed more necessary.

The fact that this cook book is published by the Home Economics Department of our club renders it necessary for it to conform to the rules for service inaugurated by this Department for its members. Accordingly the wording of each recipe has been given more plainly than is customary in most cook books, so it will form not only an excellent hand book for our own members, but may be easily used by those hitherto entirely unfamilar with cooking

Altho this volume specializes in typical Southern recipes, it also contains many choice tid-bits from other sections owing to the cosmopolitan character of the Woman's Club membership, which numbers many residents formerly from other parts of the United States.

In omitting special menus, which in our experience rarely can be used exactly as printed, we have substituted instead the order, of recipes naturally followed during the day, leaving the housewife the liberty of choice.

Chairmen for our chapter have been selected because of especial fitness for the work. Each has taken the greatest pride in the collection of recipes and their arrangement. They should not, however, be held responsible for any omission of recipes, as that necessarily had to be decided by the censor and the editors.

It was not required that recipes contributed should be absolutely original, as so few really can be, but that they should have been in use by the contributor or some close friend for some time.

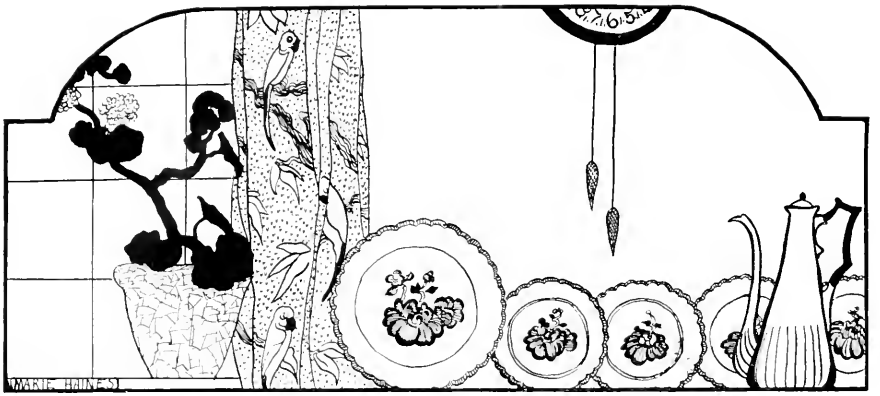
In view of the fact that all money from the sale of this book goes towards the building fund of our wonderful new auditorium—that temple of unselfish service—we ask that our club members deal lovingly with this book, that each purchase at least one for herself or a friend, that each encourage its sale in every way possible and that all criticisms, for or against, be given to the editors to the end that the next edition may benefit thereby.

Even before this goes to press hundreds of dollars have been sent together with addresses to our Sales-Chairman, Mrs. Alonzo Richardson, 682 West Peachtree St., Atlanta, Ga. The cook books are two dollars each and out of town orders should be accompanied by ten cents (10c) postage.

In conclusion we thank most heartily those who have in any way contributed to the success of the cook book and if, as we hope, it becomes part of the necessary kitchen equipment in thousands of homes we will feel we have not labored in vain.

Mrs. Newton C. Wing,
Chairman Home Economics Department.
Mrs. J. A. Carlisle,
Chairman of Cook Book.

Advisory board—Mrs. J. E. Hays, State Federation President, Mrs. B. M. Boykin, President Atlanta Woman's Club, Mrs. Alonzo Richardson, Mrs. Irving Thomas, Mrs. W. B. Price-Smith, Mrs. Wilmer Moore, Mrs. W. F. Melton, Secretary; Mrs. Arthur Hazzard, Treasurer; Mrs. George Brower, Auditor; Mrs. H. C. Phipps, Printing; Miss Corinne Chisholm, Mrs. Norman Pool, Mrs. A. C. Plage, Miss Cobbie Vaughn, Mrs. C. P. Ozburn, Mrs. Victor Kriegshaber.



CHAPTER I.

THE SECRET OF KITCHEN HAPPINESS.

Mrs. Newton C. Wing, Chairman Home Economics.

House-work may be made either a delight or drudgery, according to the mental attitude which accompanies it. It is impossible, naturally, to love one's house-work, if one does not have the proper equipment and if one's house, especially the kitchen, is not properly arranged, ventilated and lighted.

We realize that few houses are built which follow any scientific arrangement as to the kitchen. Speed the day when the architect and the experienced house wife will *together* plan all kitchens. In building a new house, the housewife should insist on having the kitchen built as she desires, always considering, of course that it harmonizes with the general architectural plans of the house.

Even if a house wife employs servants, she can not secure that servant's contentment or best efforts, unless she saves her time and strength by labor-saving methods.

MORE EFFICIENCY MAY BE SECURED

I. By having a small kitchen, (but not crowded).

II. By covering walls with washable materials such as tile, enamel, or any good washable paint.

III. By covering the floor with linoleum, one with dark background being preferred. Wax well after laying.

IV. By grouping certain apparatus and utensils, according to their use. Common sense shows that many steps are avoided if:

First—The sink, with its two large drain boards, one on each

side, is placed next to the dining room or pantry. Ideal arrangement consists in having a dish-window opening directly between the dish-closet and the sink. This should be large enough to allow the passage of the wire dish drainer filled with dishes. Soiled dishes are placed on right hand drain board, where they are picked up by the dish-washer's right hand, scrubbed under running water, by brush held in left hand, and then placed in dish pan. When pan is full, place one tablespoon of washing powder over dishes (this is enough to cut grease, but does not make water soapy), fill pan with very hot water. With dishmop tilt plates until easily grasped by left hand, rub with dish mop, and place in dish drainer at left. Very much hotter water may be used than in the old fashioned way of using a dishcloth,—the hot water filling the two-fold purpose of cleaning the dishes and making them dry more easily. When drainer is full, pass thru dish-window or carry to dish-closet. This leaves room for washing cooking dishes and by the time these are done the china dishes are dry and sparkling and may be put away in the china closet without wiping. This is much more sanitary than the old way of wiping with dish towel, which is never perfectly dry and clean except for the first dish. Towels of best linen toweling should of course be used for glasses and silver. Sinks and tables are generally built too low. Housewives should *insist* on having sinks built, so that, without stooping, one may touch the inside floor of the sink with the flat of the hand. The same holds good with the tables (note the height of kitchen cabinet table). For the average person, the height of sinks, etc., should be 36 inches.

Second—The stove should be next to dining room door on the other side from the sink to facilitate serving. Thus a tea wagon can be used both to take food directly from the stove to the dining room table and also to bring soiled dishes from the table to the sink.

Third—Grouped on opposite side from the stove, should be the kitchen cabinet, and working table with store closet near. If table is on casters, it can be rolled over near table or sink when needed.

Fourth—If the kitchen is sufficiently large there should be a rest corner with a desk and bookcase above for working on kitchen accounts and for keeping cook books thus utilizing the spare minutes which often occur in the kitchen while meals are cooking.

CHAPTER II.

NECESSARY KITCHEN EQUIPMENT.

Two factors cause much loss of time in most kitchens: the first arises from the use of old worn-out tools, and the second because of an insufficient supply of utensils adapted to certain uses.

Kitchen equipment should always be kept near the place in the kitchen where it is to be used. In most homes the kitchen cabinet becomes the receptacle for most of the articles used in the preparation of the meals and therefore will be treated first in this article. Keep in mind that the utensils used most often should be kept where most accessible, i. e., in top drawers, while other seldom used articles may be packed away. As various kitchen cabinets have different spaces, the following arrangement is merely suggestive.

THE KITCHEN CABINET SHOULD CONTAIN

All spices, baking powder (Royal), salt, pepper, tea, coffee, sugar, soda, flour, corn-starch, cocoa, chocolate, Worcestershire Sauce, catsup, canned salad dressing (for seasoning), flavoring extracts, crackers, canned soups, pimentos, and other canned products for an emergency meal.

IN DRAWERS OF KITCHEN CABINET.

1 wooden spoon.
2 large spoons
2 tablespoons.
4 t-spoons.
1 combination set aluminum measuring spoons.
1 spatula.
1 long-handled fork.
2 small paring knives.
1 pastry bag and tube.
1 potato ricer.
1 strainer.
1 large grater.
1 can opener.
1 bread knife.
1 biscuit cutter.
1 cookie cutter.
1 doughnut cutter.
1 carving set.
1 funnel.
1 pair scissors.
1 corkscrew.
1 pancake turner.
1 egg beater (wheel).
1 egg beater (whisk).
1 strainer.
1 apple corer.

IN CUPBOARDS OF KITCHEN CABINET.

1 frying pan.
5 saucepans.
One-1-pint.
Two-1-quart.
One-2-quart.
One-1-gallon.
1 double boiler.
2 bread pans.
2 sets muffin pans (different shapes).
2 oblong cake pans.
2 baking sheets.
3 different size pie tins.
1 set fire-proof glass dishes.
1 iron mould for cornsticks.
1 lemon squeezer.
2 measuring cups.
2 qt. measures.
1 coffee pot.
1 tea pot.
1 wooden chopping bowl.
China used in cooking.

A high stool, a bread board, a rolling pin, scales for weighing groceries, a clock, and a nest of earthenware and enamel bowls; food chopper.

KITCHEN OR PANTRY DRAWERS AND SHELVES.

Wax paper.
Labels.
Pad.
Pencils.
Pliers.
Pen-knife.
String.
Screw-driver.
Hammer.
Cheese-cloth.
Trays.
China and glass used daily.
1 doz. hand towels and dish towels.
3 dish cloths.
3 holders.
Paper doilies.
Preserving kettle.
Bread mixer.
Iron frying-pan.
Roasting pan.
Moulds for steam mixtures.
Deep fat kettle.
Colander.
Ladle.
Skimmer.
Frying basket.
Angel cake pan.
Bean pot.
Steamer.

KITCHEN FURNISHINGS AND APPURTENANCES.

1 chair (or more).
1 rocking chair (if there is room).
1 white porcelain table on rollers (should have drawer).
ATLANTA WOMAN'S CLUB COOK BOOK.
Book shelf for cook books, etc.
Electric toaster.
Ice-cream freezer.
Fireless cooker.
Refrigerator.
Meat grinder.
Ice-pick.
Ironing-board.
Waffle iron.
Tea wagon.
Electric flat iron and rest.
Electric washing machine

STOVE.

Matches.
Holder for burned matches.
3 cloth holders.

CHAPTER III.

BUDGETING YOUR TIME.

Introduction by Mrs. B. M. Boykin—President Atlanta Woman's Club.

In these very busy days when every woman is working, as she thinks, to her greatest capacity and then does not always get through, suppose she stops and takes stock.—She will find that she could have done much more and been less tired if only she had mapped out her day and stuck to her schedule, but she lets everything hinder her.

While starting out to buy her groceries somebody called and talked so long over the 'phone she was late. Consequently, after marketing she was late to her engagement and so on. Let us learn to shorten unnecessary conversation, be prompt for each engagement, conduct our daily lives with the same efficiency which is used by business men. A place for everything, everything in its place—a time for everything and everything on time;—leaves plenty of opportunity for healthful recreation and, at the same time, a consciousness of carrying one's program of work satisfactorily.

The war helped every woman toward economy. Let us carry on now in saving our strength and getting better results from our time.

THE WORKING SCHEDULE IN A HOME ECONOMICS HOUSEHOLD.

While the following schedule may not fit every one's domestic arrangements, yet it may serve as a help to other women in planning their work whether done by themselves or by servants.
This has been found invaluable in training a new servant.

GENERAL OUTLINE OF WORK.

Everyday Do The Following

6:45 to 9:00—Prepare breakfast and serve: While family is eating, have servant sweep front porch and steps; afterward clear table, wash dishes, wipe off kitchen table, kitchen cabinet, stove, shelves, etc. Shine all aluminum dishes used for the meal and polish cooking utensils. Nothing should be left lying about in the kitchen or butler's pantry. Sweep kitchen, butler's pantry and eating porch (dining room). Should be thru by about nine.

10 to 10:30—All downstairs should be in order: floors swept or floor mopped, lavatory cleaned, etc.

10:30 to 11:00—Bath room cleaned—Any special job if there is time.

11:30 to 12:00—Prepare lunch.

AFTERNOON.

1:00 to 2:00—Do dishes and put kitchen and dining room in order.

2:00 to 4:00—Any special work assigned for that day (see list later).

4:00 to 5:00—Rest or recreation (this *always* applies to the cook).

5:00 to 7:30—Prepare dinner, wash dishes and put dining room and kitchen in order.

SPECIAL WORK.

Leave all special work to time provided in outline. This consists in cleaning silver, washing windows, straightening up closets, drawers, etc., cleaning brass door knobs, mirrors, china closet, glass doors and any metals.

SPECIAL TASKS FOR EACH DAY.

Monday—Wash anything in the laundry bag which is too delicate to send to the washwoman. Cook allowed to wash her own things also at this time.

Tuesday—Do any ironing—clean eating porch, (or dining room).

Wednesday—Clean kitchen and butler's pantry thoroughly, washing all wood work—inside of store closet, outside of boiler, scrub floors, clean kitchen cabinet inside and out and the stove. See that all utensils are clean.

Thursday—Follow morning schedule and clean refrigerator also.

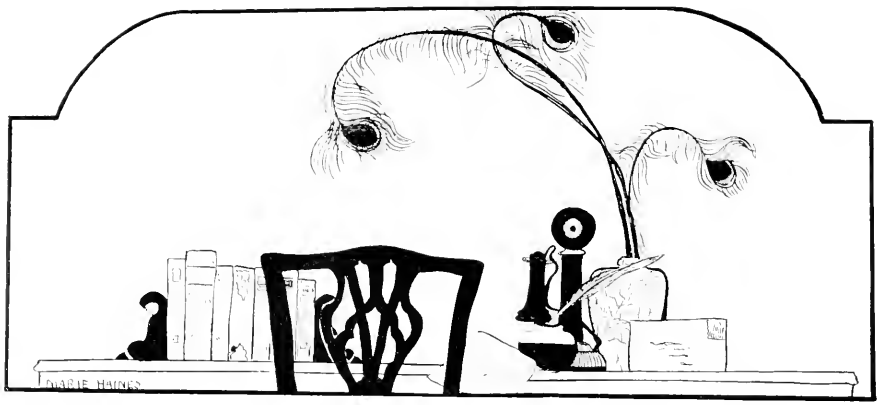
Thursday Afternoon—Half holiday. (applies to the house wife too. If acting as cook, she deserves a dinner out).

Friday—Clean all upstairs.

Saturday—Clean all downstairs except kitchen, etc. Bake.

Sunday Morning—After breakfast see that house is straightened up. prepare dinner, and supper which is set away in refrigerator.

"Every Woman."



CHAPTER IV.

RECIPES FROM FAMOUS HOMES.

(Compiled by Mrs. W. F. Melton, Secretary Home Economics).

The Home Economics Department of the Atlanta Woman's Club, wishes to express its deep appreciation for the recipes contributed by "The First Lady of the Land," Mrs. Warren G. Harding, by the wives of so many of our governors, and by other notables.

MRS. HARDING'S CHICKEN PIE.

1 good-sized chicken.
6 small potatoes.
1 onion.
5 level t-spoons baking powder.
1 qt. flour.
Lard size of egg.
1 t-spoon salt.
Milk.

Boil chicken gently until it falls from bones; cut in small pieces. Cook potatoes and onion in chicken broth. Make a pastry of flour, lard, salt and baking powder—add milk enough to make a soft dough. Line baking dish with pastry and bake in hot oven. Then fill this with the chicken, potatoes, and a small amount of broth, cover with pastry and brown in quick oven. Thicken remaining broth, and serve over pie.

MRS. HARDING'S WAFFLES.

2 eggs.
2 tbls. sugar.
2 tbls. butter.
1 t-spoon salt.
1 pt. milk.
Flour to make thin batter.
2 large t-spoons baking powder

Beat yolks of eggs, add sugar and salt, melt butter, add milk and flour; last just before ready to bake add beaten whites of eggs and baking powder. Bake on hot waffle iron.

Mrs. Warren G. Harding.

LEMON SAUCE (FROM MASSACHUSETTS.)

1 tbl. spoon corn starch.
½ cup sugar.
2 tbl. spoons lemon juice.
1 cup boiling water.

Mix the corn starch, sugar and lemon juice, then add the cup

of boiling water, stirring slowly. Cook five minutes in a double boiler, stirring constantly. Add two tbl. spoons of butter.

Mrs. Channing H. Cox,—Wife of Massachusett's Governor.
Boston, Massachusetts.

ECLAIRS FILLED WITH SALAD (FROM GEORGIA.)

¼ cup shortening.
½ cup flour.
½ cup boiling water.
2 eggs.

Mix the ingredients; bake, cool, cut into eclairs 4 inches long and ¾ inches wide. Split the eclairs; line with lettuce leaf; fill each eclair with one boneless sardine mixed with 1/3 chopped hard-boiled egg and two tbl. spoons Mayonnaise.

Mrs. T. W. Hardwick,—Wife of Georgia's Governor.
Atlanta, Georgia.

JELLIED APPLE SALAD.

1 cup diced apples.
¼ cup diced celery.
¼ cup chopped figs.
2 tbls. gelatine.
¼ cup cold water.
1 and ½ cups boiling water.
2 tbls. sugar.
1/3 cup lemon juice.
¼ t-spoon salt.
2 red pimentos, cut in small strips.

Mix ingredients with mayonnaise. Soften gelatine with cold water. Dissolve with boiling water. Add ingredients to the gelatine mixture. Pour into mold. When congealed serve with Mayonnaise.

Mrs. T. W. Hardwick,
Atlanta, Georgia.

"UNCLE REMUS" RECIPES.

"I'se mighty glad you said dat," remarked Uncle Remus, smacking his lips, "kaze ef you hadn't said it, I'd 'a' been bleeze ter say it myse'f." (From "The Reason Why.")

DEVILED SHRIMP.

1 can shrimp, or one pint fresh shrimp.
1 can tomatoes.
1 tbl. butter.
Red or black pepper and salt to taste.
Stew tomatoes and when nearly done, season.
Mince shrimp and add tomatoes, mixing thoroughly.
A half cup tomato catsup is an improvement.
Cover the whole with cracker crumbs and brown on top.

Mrs. Joel Chandler Harris,
Atlanta, Georgia.

FROZEN FRUIT CAKE.

1 cup white raisins.
1 cup chopped pecans.
1 cup lady fingers.
1 cup macaroons.
1 pt. whipped cream.
1 pt. boiled custard.

Break lady fingers and macaroons in large crumbs. Put rai-

sins in whole. Cut nuts in quarters. Whip the cream slightly. Mix all together lightly with pint of boiled custard. To freeze: Put mixture in mold (with hole in center). Cover contents with waxed paper. Put lid on mold. Pack well. Let it remain packed three-and-one-half hours. When ready to serve, pour hot water over mold. Slide on platter. Pour glass of eggnog in hole in center.

Mrs. Joel Chandler Harris,
"Wren's Nest," Atlanta. Georgia.

STEAMED HUCKLEBERRY PUDDING (FROM GEORGIA).

1 qt. berries.
1 cup syrup (Georgia cane).
½ t-spoon salt.
1½ cups milk.
¾ t-spoon soda.
Flour.

Wash and dry berries; flour them as if for fruit cake. Stir soda into syrup; add milk and salt; add flour sufficient to make very stiff batter. Carefully stir in berries—avoid breaking them; put in greased steamer or mold; steam three hours, and serve with hard sauce.

Mrs. Hugh Dorsey, Wife of former Governor of Georgia.

RICE WAFFLES. (FROM DELAWARE).

1 ¾ cups flour.
2/3 cups cold cooked rice broken up with fork.
1 ½ cups warm milk.
1 egg.
2 tbls. sugar.
4 t-spoons Royal Baking powder.
1 tbl. melted butter.

Mix and sift dry ingredients; add rice, milk, well-beaten egg yolk, butter, and egg white beaten stiff.

Mrs. W. D. Denney,
(Wife of Delaware's Governor).

BAKED OYSTERS. (FROM ALABAMA).

3 pts. oysters.
1 pt. tomato catsup.
1 cup cream.
Butter size of an egg.
1 t-spoon Worcestershire Sauce.
Pepper and salt to taste.

Open oyster shells, and boil oysters slightly in their own liquid; then combine this with sauce made of the remaining ingredients, place in oyster shells, and bake in oven, adding sauce from time to time, until all possible is used. Care must be taken not to have the oven too hot, or juice will burn on edges. Fancy shells may be used or ramekins.

Mrs. Thos E. Kilby,
(Wife of Governor of Alabama).

FRUIT SALAD.

1 can pineapple.
1 grape fruit.
1 can white cherries.
½ box gelatine.
1 stalk celery.
1 cup pecan meats.
2 lemons (juice).

Cut celery, pineapple, and grapefruit in pieces. Add nuts chopped fine, cherries stoned, and juice of lemons. Use juice of pineapple and cherries. Put gelatine in ½ cup cold water, dissolve by setting cup in hot water. Stir into fruit and congeal. Serve with Mayonnaise.

Mrs. Thos E. Kilby,
(Wife of Governor of Ala).

PRUNE WHIP.

1 lb. prunes. ½ cup sugar.
Whites of 5 eggs. ½ cup cream.

Cook prunes well, put through potato masher, add sugar, and fold in well beaten whites of eggs. Put in pan, set in larger pan. Place over gas flame on hot stove. Steam 2 hours, keep water boiling rapidly all the time. Serve in same pan with whipped cream.

Mrs. Thos. E. Kilby,
(Wife of Governor of Alabama).

ANGEL CAKE (FROM ARKANSAS.)

1 dozen eggs (whites). 1 t-spoon vanilla.
1½ cups sugar. 1 t-spoon cream of tartar.
1 cup flour.

Sift sugar eight times, the last time into the beaten whites and stir until smooth. Sift cream of tartar into the flour and sift flour eight times, the last time into the mixture. Fold in gently, but do not beat. Put in ungreased pan and bake slowly 50 minutes. When done, the cake should be turned down on the edge of two cups until thoroughly cold before removing from pan.

Mrs. L. C. McRaye,
(Wife of Governor of Arkansas).

ORANGE ICE-CREAM. (FROM CALIFORNIA).

1 pt. California orange juice. 1 pt. plain cream.
1 pt. whipping cream. Sugar to taste.

Mix ingredients, freeze and pack for at least two hours.

Mrs. W. D. Stephens,
(Wife of Governor of California).

FRENCH SALAD DRESSING (FROM CONNECTICUT.)

Vinegar. Black pepper.
Piece of ice. Paprika.
Salt. Mustard.
Red pepper.

Put good sized piece of ice in bowl. Put into tbls. a salt spoon of salt, a little red pepper and black pepper, paprika, and mustard. Mix this with oil until smooth. Pour this over the ice. Take 4 tbls. of oil to 1 of vinegar. Pour over the ice until thick.

Mrs. Everett L. Lake,
(Wife of Governor of Connecticut).

OATMEAL COOKIES.

3 cups uncooked oatmeal.
1 cup flour.
1 cup sugar.
¾ cup lard.
1 cup raisins (chopped and floured).
½ cup buttermilk.
1 level t-spoon soda.
1 egg.

Spices to suit taste. Mix ingredients and drop from a t-spoon upon a greased platter. Cook in a moderate oven, from fifteen to twenty minutes. The dough must be very stiff or the cookies will run together.

Mrs. Everett L. Lake,
(Wife of Governor of Connecticut.)

THOUSAND ISLAND DRESSING. (FROM MISSOURI).

1 bottle small pickled onions.
1 box pimentos.
8 eggs (hard boiled).
Paprika.
Salt.
Cayenne pepper.

Grind eggs in meat chopper, slice pimentos and cut up onions fine. Mix all together, adding salt, paprika and cayenne to taste.

Mayonnaise.

Yolks of two eggs.
1 cup of chili sauce.
1 lemon (juice).
1 cup olive oil.

Beat egg yolks, add olive oil drop by drop; when it thickens add lemon juice, continue beating and adding oil until all oil is used. Add with the chili sauce to the above ingredients. Sliced green pepper improves this dressing.

Mrs. Hortense S. Hyde,
(Wife of Governor of Missouri).

FEATHER PUDDING.

6 eggs whites.
Coloring.
1 cup sugar.
Whipped cream.

Beat egg whites well; sift in sugar, still beating. Pour half in pan and color other half pink. Set the pans in another pan of hot water and bake half an hour.

Serve with whipped cream.

Mrs. Hortense E. Hyde,
(Wife of Governor of Missouri).

BRIDAL CAKE. (FROM GEORGIA).

11 eggs (whites).
1 ½ cups sugar.
1 cup flour.
½ t-spoon almond extract.
½ t-spoon cream of tartar.

Beat whites stiff, add sugar, spoonful at a time, beating all the while. Add flavoring; then flour, little at a time, in which cream of tartar has been sifted. Bake in tube pan about 1 hour. When cold, remove from pan and slice in layers, or can be baked in layers.

CREAM FILLING.

2 tbls. gelatine.
¼ cup cold water.
3 eggs (whites).
1 pt. whipped cream.
1 cup pulverized sugar.
1 t-spoon vanilla.

Add gelatine to cold water; dissolve over hot water. Add pulverized sugar to cream, then gelatine, and well beaten egg whites; stir until it thickens. Then pin a collar of buttered paper around the first layer so that it stands above the top of cake ½ inch. Spread a layer of cream on cake, filling in the collar. Alternate layer of cake and collar until all cakes are used. Cover with plain icing. Set away until cold when collars may be removed.

Mrs. Allen D. Candler.—Wife of former Governor of Georgia.

SAUSAGE. (FROM GEORGIA).

66 lbs. lean pork.
33 lbs. fat pork.
5/12 cup black pepper.
1/3 cup red pepper.
2 ½ cups salt.
3 1/3 cups sage.

Cut meat in oblong strips, one to two inches thick, three to five inches long. In grinding, alternate fat and lean meat in order to secure thorough mixing. Work well through meat the seasoning, or same can be sprinkled over meat before grinding. Casings of unbleached domestic should be made 3 to 5 inches wide and 10 to 15 inches long, sewed up all but one end. Fill with sausage and tie with strong cord. One pound of casings stuffs 50 lbs. of sausage.

Mrs. J. E. Hays,
State Federation President Women's Clubs.

PIMENTO MOUSSE SALAD.

1 pt. cream.
2 pimentos.
1 cup cold water.
1 package gelatine.
Red pepper.
Salt.
Grated cheese.

Add gelatine to cup of cold water and let stand half hour. Dissolve by setting in pan of boiling water. Whip cream stiff, add pimentos mashed fine, salt and red pepper to taste. Stir dissolved gelatine in mixture set on ice until congealed. Serve with grated cheese and mayonnaise.

Mrs. J. E. Hays,
State Federation President.

DATE AND NUT PUDDING. (FROM TENNESSEE).

1 cup chopped nuts.
1 cup chopped dates.
½ cup sugar.
2/3 cup flour.
2 eggs.
1 t-spoon baking powder.

Cream sugar and butter, sift baking powder in flour, add eggs beaten separately and lightly, add nuts and dates last and slightly floured, bake as you would cake, when cold, slice and eat with whipped cream.

Mrs. A. A. Taylor,
Wife of Governor of Tennessee.

SNOW CAKE.

Whites of 8 eggs.
2 cups sugar.
1 cup butter.
1 cup corn-starch.
2 cups flour.
3 t-spoons baking powder.

Cream Filling.

Whip one pint whipped cream until it resembles ice cream in appearance, make quite sweet, then flavor with vanilla, spread the layers of cake with grated pineapple, then cover thickly with the cream. This filling should be freshly made.

Mrs. A. A. Taylor,
Wife of Governor of Tennessee.

COCOANUT DUCHESS POTATOES.

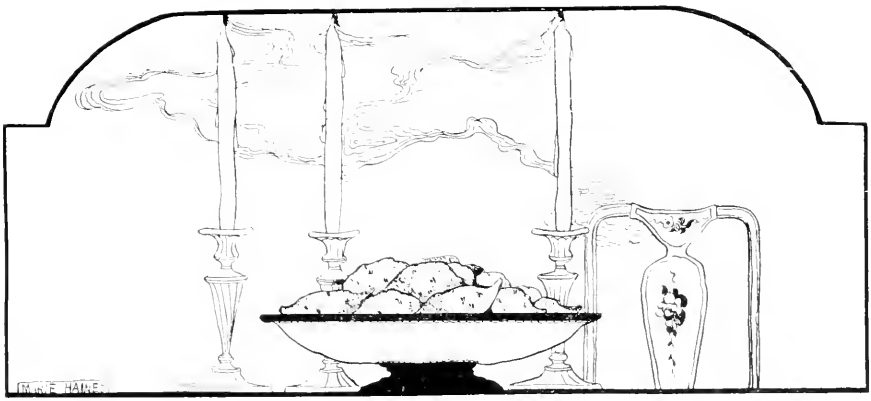
3 cups hot mashed potatoes.
3 egg yolks.
1 t-spoon salt.
6 tbls. milk.
¼ t-spoon pepper.
3 egg whites.

Mix thoroughly all the ingredients except egg whites, beat the egg whites and fold in carefully, put the mixture in a greased baking dish and sprinkle top lightly with cocoanut, set in a pan of hot water and bake in a moderate oven until firm.

Mrs. A. A. Taylor,
Wife of Governor of Tennessee.

"Life is a joint job for both men and women, and the home the brooding place for citizenship—the spiritual center of the universe."

Mrs. Thomas G. Winter,
President, General Federation of Women's Clubs.



CHAPTER V.

QUEEN SWEET POTATO.

Recipes compiled by Mrs. J. E. Hays, State President Federated Women's Clubs.

A lowly sweet potato am I,
Tho, you may call me "a poor man's pie,"—
For I'm good to eat without sugar or salt,
Many are my virtues and I haven't a fault.

The Sweet Potato, a native of the South, is capable of being served in more tempting ways than any other product of the soil—it is a vegetable that may be used as a breakfast dish, an entrée or a dessert, made tempting with very little embellishment.

Truly a "poor man's pie," given by a generous Maker! It contains all the necessary elements, and is easily digested. Georgians should sing the praises of Queen Sweet Potato, as California does the raisin and Ireland the "spud."

ROAST OPOSSUM, AND SWEET POTATOES

1 Opossum.
Salt.
1 dozen sweet potatoes.
Black pepper.

Dress and place opossum (whole) in large pan with one and one-half gallons cold water; boil until tender. Drain and place in covered roaster—Surround with sweet potatoes (which have previously been peeled and boiled). Season with salt and pepper to taste.

Put roaster in oven until both potatoes and possum are crisp and brown.

Mrs. Norman Pool.

FRIED POTATOES.

(a). Peel and slice (not too thin), soak in weak salt water 10 minutes, fry in deep hot fat, drain on paper. Serve hot.

(b). Bake large size potatoes and when cold, peel, slice and fry brown in deep hot fat, salt and serve.

BAKED POTATOES.

Wash, trim and bake in moderate oven until soft. If potatoes are slightly greased before baking, they bake more quickly, are soft and easy to peel.

CANDIED YAMS—(PLAIN).

(a). Peel and slice (long way), boil in clear weak salt water until tender, sprinkle liberally with sugar, (spices may be added if liked) cook until brown and candied.

(b). Thick slices of unpeeled apples may be added with potatoes while boiling. Proceed as with (a), and you have candied yams with apple sauce.

(c). When potatoes are tender sprinkle with sugar, grated cocoanut, spice or grated pineapple.

SWEET POTATO SOUFFLE NO. 1.

1 cup nuts.
2 tbls. butter.
2 eggs.
½ cup seeded raisins.
½ cup milk.
Flavored as desired.

Boil potatoes whole until very tender, peel and mash well, add sugar (about ½ cup for baking dish). Do not have batter too stiff. Bake slowly until light brown. Place marshmallows on top, return to oven long enough to melt slightly. Nicest served with mid-winter dinner and subject to many variations:

(b). Use half glass of jelly instead of sugar.

(c). Add bananas sliced instead of nuts and raisins.

(d). Stick an almond or cherry in marshmallows for fancy dish. Add any crystallized fruit with nuts and raisins.

(e). Omit milk, add 2 t-spoons baking powder and 1 cup cocoanut.

"PIG-IN-A-PEN."

Bake medium sized potatoes. When well done, peel, mash well, adding salt and pepper. To each potato add small all pork sausage cake (cooked). Mix thoroughly, make in cakes, brown in oven or refill potato cases with mixture. Can be served "en masse" as meat course.

POTATO CUSTARD.

2 small potatoes.
1/3 cup butter.
1 t-spoon vanilla.
2 eggs.
¾ cup sugar.

Boil tender, peel, mash; add eggs, butter, sugar and vanilla. Mix thoroughly (bake in rich crust and top with meringue).

POTATO PIE.

Peel and slice raw potatoes thin; cook tender in slightly salted water. Place all in baking dish, add spice, sugar to taste and a little butter. Top with rich crust and brown in moderate oven.

THE ABOVE SEVEN RECIPES BY MRS. OSCAR McKENZIE, MONTEZUMA, GA.

SWEET POTATOES.

Sweet potatoes.
Apples.
Raisins.
Hip-o-lite. (Marshmallow cream).

Bake sweet potatoes. Peel. Put in bowl. Make apple sauce. Put in the same bowl an equal quantity of apple sauce and sweet potatoes. Mash them up together so that you can't tell where the potato stops and the sauce begins. Chuck into a bowl a handful of small sweet seedless raisins. Put the whole batch into casserole. Cover with one-half inch of Hip-o-lite. Bake to your hearts content, and serve hot.

Mr. Lewis Lee,
Mgr. Information Dept. Georgia Railway & Power Co.

SWEET POTATO DELIGHT.

2 potatoes (medium sized).
1 cup sugar.
1 cup nuts.
1 box seedless raisins.
1 box shredded cocoanut.
20 marshmallows.

Add potatoes peeled and sliced thin to sauce pan, cover with sugar and water; cook until tender, place alternately layers of potatoes, cocoanut and raisins sprinkled with nuts. Add syrup in which potatoes were candied and cover with marshmallows. Cook in moderate oven until a golden brown. Serve in dish in which it is cooked.

Mrs. John O. Teasley,
Lilly, Ga.

RAISIN POTATOES.

Peal three potatoes and steam till done. Mash well. Add lump of butter about size of egg; 1½ cups sugar; 1/3 cup raisins. Bake till brown. Pacify the family by promising a bigger dish tomorrow.

Mrs. Otis DeVaughn,
Montezuma, Ga.

SWEET POTATO SOUFFLE NO. II.

6 medium sized potatoes.
½ cup of sugar.
¾ cup of pecan meats.
2 tbls. butter.
1 small can of marshmallow paste.

Boil potatoes—run through potato masher—cream until light and fluffy. Add sugar—melted butter—pecan meats. Place in baking dish—cover with marshmallow paste—run in oven until brown.

Mrs. Norman Sharp.

SWEET POTATO SOUFFLE NO. III.

2 cups sweet potatoes.
1 cup hot milk.
2 tbls. sugar.
½ t-spoon salt.
2 tbls. butter.
2 eggs.
1 t-spoon nutmeg.
½ cup seeded raisins.
½ cup walnut meats.
½ doz. marshmallows.

Mash potatoes well. Heat milk and dissolve sugar and salt in it. Add butter, stirring until melted. Add this mixture to potatoes and beat until light and fluffy. Add nutmeg, raisins and nuts. Fold in well beaten egg whites. Pour mixture into buttered baking dish; arrange marshmallows one-half inch apart on top. Bake in moderate oven until the Souffle is set and the marshmallows a delicate brown. Serve at once.

Mrs. M. E. Paden.

CANDIED POTATOES.

Slice steamed potatoes in half inch slices. Add butter and brown sugar abundantly, with enough water to make a syrup. Add also a little molasses or cane syrup. Flavor with cinnamon. Let cook slowly for a good while till syrup is thick and potatoes brown.

Mrs. C. H. Richardson,
Montezuma, Ga.

SWEET POTATO CROQUETTES.—NO. I.

Mash steamed potatoes. Add butter, sugar, pinch of salt, and egg. Shape into croquettes, roll in flour and fry. Better make more than two apiece for each of the family to avoid trouble.

Mrs. T. A. Dixon,
Montezuma, Ga.

SWEET POTATO CROQUETTES.—NO. II.

4 medium size potatoes.
1 egg.
1 cup chopped pecan meats.
1 tbls. cream.
¼ t-spoon salt.
1 tbls. butter.

Boil unpeeled potatoes until done. Remove peelings and mash fine. Add butter, cream, pecan meats, salt. Mix well, mold into oblong shapes. Roll in well beaten eggs, then cracker dust, fry in hot fat until light brown. Drain on paper. These are nice served with creamed toast.

Mrs. T. L. Mudd,
Kentucky.

CREAMED SWEET POTATOES.

3 sweet potatoes.
1 cup milk.
½ cup sugar.
¼ lb. marshmallows.
⅛ lb. butter.
1 can or package cocoanut.

Boil sweet potatoes until tender; peel and cream while hot, stirring into the potatoes the butter, sugar and milk. Add last the cocoanut. Place mixture, which should be soft in baking dish; cover over the top with marshmallows and brown in moderate oven.

Mrs. T. T. Stevens,
President, Fifth District.

POTATO CAKES.

Peel, steam and mash several potatoes; add butter, a pinch of

salt—an egg or two, and as many pecan meats as you have. Shape into little cakes and bake.

Mrs. Jere M. Moore,
Montezuma,Ga.

OSCAR POTATOES.

Steam potatoes until nearly done, peel and cut into slices about 1/2 inch thick. Slice tart apples, put alternate layers potatoes and apples with potatoes on top, add sugar to taste, bits of butter, a little salt and very little water. Bake until there is a thick syrup and potatoes are brown on top. Oh, Oscar! Oscar!

Mrs. Jake Happ,
Montezuma, Ga.

SWEET POTATO PUDDING NO I.

3 cups grated potatoes.
5 eggs.
1½ cups sugar.
½ t-spoon mixed spices ground.
2 cups milk.
1 cup syrup.
1 tbls. butter.

Beat sugar, butter and eggs; add potatoes, sugar and milk, then flavoring. Pour in pan and bake in moderate oven. When top is brown stir in and let second crust form.

Mrs. J. A. Sibley.

POTATO PUDDING NO. II.

3 potatoes (good sized)
1 cup milk.
2 tbls. sugar.
¼ t-spoon salt.
2 egg whites.
2 eggs.
½ t-spoon nutmeg or cinnamon.
2 tbls. butter.

Peel and grate potatoes, add milk, butter, eggs, sugar, spices; mix thoroughly, place in greased pan, bake covered in moderate oven half an hour, then uncover, add whites of eggs beaten stiff, in which tablespoon of sugar has been added. Return to oven and brown slightly. Serve hot with cream, plain or whipped.

Mrs. D. W. Easterlin.
Montezuma, Ga.

SWEET POTATO PONE.

3 or 4 medium sized potatoes.
4 eggs.
1 cup milk.
1/3 t-spoon each allspice, cinnamon, cloves and nutmeg.
½ cup brown sugar.
½ cup molasses.
3 tbls. butter.

Pare and wash the potatoes, grind in food chopper, beat eggs with sugar. Add butter, molasses, milk and spices. Mix well. Bake 45 minutes in slow oven.

Contributed by G. A. Cardwell, Agricultural and Industrial Agent, Atlantic Coast Line Railway.

SWEET POTATO MERINGUE.

6 medium sized potatoes.
1 tbls. sugar.
¼ cup milk.
2 eggs.
Salt to taste.

Boil potatoes until tender; peel and mash, adding sugar, milk, yolks of eggs and salt. Beat hard for 5 minutes until potatoes are very light and creamy. Pile lightly into a dish and bake for 1/2 hour. Remove from oven, add egg whites beaten stiff; return to oven and brown.

Mrs. P. R. Brittain.

CREAMED SWEET POTATOES.

½ pt. cream.
1 tbls. butter.
½ cup water.
2 t-spoons baking powder.
3 eggs.
1 cup sugar.
2 tbls. sifted flour.
Other seasoning to taste.

Thoroughly steam potatoes, peel and mash. Mix thoroughly, cream, butter, eggs, sugar, water, flour in which baking powder has been sifted. Put other seasoning if desired. Bake in muffin rings or deep pan and serve hot.

Mrs. S. S. Cheves,
Montezuma, Ga.

CHAPTER VI.

ATLANTA WOMAN'S CLUB FAVORITE RECIPES.

Chairman, Mrs. Katherine Fitts.

CREAMED CHICKEN.

(Original recipe used only for the Woman's Club.)

1½ cups cold chicken, cut in dice.
1 cup rich white sauce.
½ cup rich chicken stock.
3 hard boiled eggs cut in dice like chicken.
½ of a canned pimento, cut in strips.
1 cup of celery, diced.

For seasoning use salt, pepper, (white), and paprika. Heat ingredients in white sauce.

BROILED CHICKEN.

2 broilers.
Sprig of parsley.
Butter.
Green corn fritters.

Clean, wipe and split down the back 2 broilers. Sprinkle with salt and pepper, place in greased broiler and cook over dripping pan in hot oven for 20 minutes. Remove from oven and broil under gas flame until a golden brown, basting 3 times with butter. Remove from broiler to hot platter, spread with butter and finely chopped parsley. Surround with corn fritters and sprigs of parsley,

CARROT PUDDING.

1 cup carrots (ground).
1 cup Irish potatoes (ground).
1 cup nuts (ground).
2/3 cup suet (ground).
1 cup dates (cut).
1 cup raisins (cut).
1 cup flour (scant).
1 cup sugar (scant).
½ t-spoon salt.
½ t-spoon cloves.
1 t-spoon nutmeg.
½ t-spoon cinnamon.
½ t-spoon soda.

Cream suet and sugar, add soda dissolved in water, then the other ingredients, turn into buttered molds and steam 4 hours. Serve with sea foam sauce, also hard sauce.

GREEN CORN FRITTERS.

2 cups scraped corn.
2 egg yolks (slightly beaten).
2 tbls. butter.
2 tbls. sugar.
1 t-spoon salt.
⅛ t-spoon white pepper.
1 cup flour.
2 t-spoons baking powder.

Fold in whites of eggs stiffly beaten. Drop from spoon in hot deep fat and fry. Drain on brown paper and serve with fried chicken, broiled chicken or any meat suitable for summer.

HOT TEA MUFFINS. (Original).

2 cups flour.
1 cup milk.
¼ cup sugar.
2 eggs.
3 tbls. melted butter.
1 t-spoon salt.
4 t-spoons baking powder.

Cream butter, add sugar and eggs well beaten. Then add milk alternately with flour mixed and sifted with remaining ingredients. Drop in greased pans and bake in hot oven from 15 to 20 minutes.

SOUTHERN BROWN BREAD. (Original).

1 cup corn meal.
2 cups Graham flour.
¾ cup sorghum.
1 cup buttermilk.
1 t-spoon salt.
2 t-spoons soda.
1 cup chopped raisins.

Mix and sift soda with dry ingredients, add molasses and milk, add raisins last, turn into well greased pound molds filled 2/3 full; steam three hours. For steaming, place mold on trivet in kettle containing water, boiling hot, allowing water to come up around mold; cover and steam, adding water as needed.

LADY BALTIMORE CAKE.

1 cup butter.
2 cups sugar.
1 cup milk.
Whites 6 eggs.
3½ cups flour.
2 t-spoons baking powder.
1 t-spoon vanilla.

Cream butter and add sugar gradually, while beating. Mix and sift baking powder and flour several times, and add alternately with milk to first mixture. Add flavoring. Cut and fold in whites of eggs beaten stiff and dry. Turn into three seven-inch square tins and bake in a moderate oven. Put layers together with fruit and nut filling and cover sides and top of cake with ice-cream frosting.

FRUIT AND NUT FILLING.

3 cups sugar.
1 cup water.
Whites 3 eggs.
½ doz. cherries.
1 cup pecan meats.
5 figs.
1 tbls. lemon juice.
1 cup raisins.

Seed and chop raisins and pecan meats. Cut figs in thin strips. Cut cherries in fine pieces. Put sugar and water in smooth granite saucepan, bring to boiling point and let boil until syrup will form a dry, hard ball in cold water. Pour gradually over the stiffly beaten egg whites until mixture is of right consistency to spread; then add other ingredients and spread over cake.

ICE-CREAM FROSTING.

2 cups sugar.
½ cup water.
Whites 4 eggs.
½ t-spoon vanilla.

Put sugar and water in smooth granite saucepan. Let boil until syrup forms a dry ball in cold water. Pour gradually, while

beating constantly, on whites of eggs (beaten stiff, but not dry), and continue beating until mixture is of right consistency to spread. Add flavoring.

WHITE FRUIT CAKE.

2/3 cup butter.
1-2/3 cups flour.
¼ t-spoon soda.
½ tbls. lemon juice.
Whites 6 eggs.
1¼ cups sugar.
2/3 cup candied cherries.
1/3 cup almonds.
½ cup citron.
1 t-spoon almond extract.

Blanch and shred almonds. Slice citron thin. Cream butter, adding gradually, flour mixed and sifted with soda; then add lemon juice. Beat whites of eggs until stiff, adding sugar gradually. Combine these two mixtures and add fruit and extract. Bake in deep pan 1 hour.

CHOCOLATE LAYER CAKE.

½ cup butter.
1 cup granulated sugar.
3 whole eggs.
4 oz. chocolate.
2 cups flour.
2½ t-spoons baking powder.
½ cup milk or cold coffee.
1 t-spoon vanilla.

Cream butter; add sugar, melted chocolate, the whole eggs, and beat until smooth. Let this cool. Add vanilla and one-half the amount of flour, in which has been sifted the baking powder. Then add milk or coffee and remaining flour, and beat until smooth. Bake in round tins. Put together with thick white frosting.

CHOCOLATE CREAM CANDY.

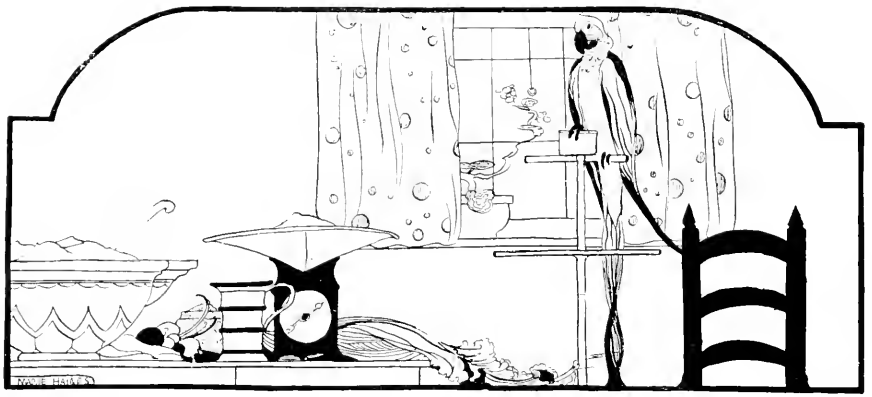
2 cups sugar.
2/3 cup cream.
1 t-spoon vanilla.
2 tbls. butter.
4 squares chocolate.

Put butter into granite saucepan; when melted, add sugar and cream. Heat to boiling point. Add chocolate, stirring constantly until chocolate is melted. Boil until a soft ball is formed in cold water. Remove from fire, add vanilla and beat until creamy. Pour into buttered pan, cool slightly, and mark in squares. Any fruit or chopped nuts may be added if desired.

PARISIAN SWEETS.

1 lb. figs.
1 lb. dates.
1 lb. English walnuts.
Confectioners' sugar.

Run fruit and nuts through a food-chopper. Work mixture with the hands on board dredged with confectioners' sugar, until well blended. Roll to 1/4 inch thickness, using confectioners' sugar for dredging board and pin. Shape with any fancy cutter. Roll in sugar and pack in layers in a tin box, putting paper between each layer.



CHAPTER VII.

NEEDFUL FACTS FOR HOUSEWIVES.

TERMS USED IN COOKING.

Aspic—A jelly usually made with gelatine, and made of meats, fish, vegetables or fruits. Also used as a salad course.

A la Creole—Cooked with onions, peppers and tomatoes.

Au Gratin—Usually with cheese—baked or cooked with brown crumbs.

Béchamel—A very rich white sauce made with milk or cream and stock.

Bisque—A thick sauce or soup, generally made from shellfish, but also from rabbits, game, etc.

Blanch—To whiten by scalding.

Bouillon—A meat broth.

Braise—To stew or cook in a closely-covered stewpan with vegetables.

Canapé—An appetizer, composed of a finger strip of toast, spread with some savory mixture, such as fish or egg, and daintily garnished.

Entrée—A savory dish, served either as a course by itself, or between heavier courses as at a dinner.

Fondue—Eggs and cheese cooked together.

Frappé—Half-frozen.

Glacé—Glazed over. Iced or brushed over the egg-white, or boiled down to a glaze, in savory dishes with meat stock.

Hors d' Oeuvres—Small dishes served during the first course of a dinner.

Marinate—To let stand for some time in a mixture of seasoning—usually oil and vinegar or oil and lemon juice.

Meringue—Sugar and egg-white beaten together.

Mousse—Savory or sweet. A light frothy mixture, thickened usually with gelatine, whipped with a whisk, and when spongy in texture, pack in salt and ice for several hours.

Paté—A shell made of puff-paste, containing savory or sweet.
Purée—Vegetables, fish, meats, etc., cooked till tender, then passed through a sieve.
Sauté—Cooked brown in a shallow pan, with little fat.
Fry—Cooked brown in deep fat.
Soufflé—Savory or sweet. Puffed up and made light by well-beaten eggs.

ECONOMY IN GAS.

Every house-wife may save time and money by observing the following:

1. Have the gas man regulate the flame, so that it will burn blue.

II. Don't use the large burners for small utensils.

III. After foods come to a boil, use the burner for simmering.

IV. Always turn off the gas, before removing vessels from the stove.

V. Don't allow burners to become clogged with grease.

VI. A large steamer may be used for cooking several foods at once.

VII. Make use of fireless cooker and pressure cooker.

VIII. Triplet kettles, and double folding omelet pans may be used for cooking two or more things at once.

IX. When baking or cooking a meal, cook several things at once. A whole dinner may be prepared in the oven by having a roast, etc., and baked potatoes, vegetables en casserole, and a baked dessert.

X. Although the heat should be turned on an oven (both burners) five or ten minutes before using—in most cases one burner may be turned off or both burners turned lower, after food is placed within.

XI. Every good cook should have a chemical thermometer to test oven heat, and this is more easily done when the stove has a glass front as opening the oven door causes a drop in temperature. There is no such thing as "luck" in cooking. If the conditions are controlled by the house-wife as they should be, the results will always be the same.

THE TEMPERATURE TABLE.

Copy and Hang on Wall Near Stove.

Product to be Baked.	Range of Temperature Over Which It May be Baked.
Biscuits, baking powder	400 F. to 500 F.
Bread	350 F. to 450 F. (Begin low and raise temperature rapidly, reducing again, or begin high and reduce sharply.)

Cakes	300° F. to 400° F., according to size. Or,
Angel Food	put a six-egg cake (turk's-head pan) into 400° F. oven; when it begins to brown, turn gas out for 5 to 10 minutes, then raise to 330° F., then at last to 370° F. (These temperatures are approximate and cannot be expected to fit all cases exactly.)
Cookies	375° F. to 400° F.
Cup Cakes	300° F. to 400° F.
Ginger Bread	370° F. to 400° F.
Layer Cake	300° F. to 400° F. (Begin low, raise gradually.)
Loaf Cake	280° F. to 375° F. (Begin low, raise temperature very gradually at first, then more rapidly.)
Sponge Cake	300° F. to 400° F. (See angel food.)
Custard	250° F. to 350° F. (Or set in pan of hot water, and use 350° F. to 450° F. oven temperature.)
Meat, Roasted	400° F. to 500° F., then 350° F. to 250° F. (Sear at the highest temperature mentioned or else in heavy kettle or skillet on top of range, reduce sharply and finish at a lower temperature.)
Muffins	400° F. to 450° F.
Pastry (no filling)	450° F. to 550° F.
Pies (uncooked filling)	450° F. to 400° F. (Put into hot oven, lower when it begins to color.)
Popovers	450° F. to 350° F.
Potatoes	400° F. to 500° F.(or at lower temperatures, increasing the time according to the reduction in temperatures.)
Puddings	350° F. to 400° F. (If high in eggs or milk, bake like custard.)
Rolls	400° F. to 450° F.
Souffle	350° F. to 400° F. (See custard.)

From December, 1920, "Journal of Home Economics".
Issued U. S. Department of Agriculture.

COOKING BY RULE.

Measure! Whether by cup or spoon the only sure way to secure success is by accurate measurement.

All measures should be *level* and only standard vessels used. Only an experienced house-keeper repeating her own recipes, can measure by eye, or by weight of an object in her hand.

It is necessary to have in every kitchen *a set of measures* (*quart, pint and half-pint;* graduated measures divided into *quarters, halves and thirds are best*). For liquids a glass cup

divided and marked on the outside in ¼-½-¾ and 1 cup, one side of the cup; while on the other is marked 1/3, 2/3 and 1 cup, will eliminate guess work.

A set of *accurate scales* is an absolute necessity in the kitchen

A set of aluminum measuring spoons are necessary. They measure 1 tbls., 1 t-spoon, ½ t-spoon and ¼ t-spoon.

WEIGHTS AND MEASURES.

4 tbls. .....1 wineglass	4 cups sifted flour .....1 lb.
4 wineglasses .....1 cup	9 large eggs .....1 lb.
1 cup .....1 pint	2 cups granulated sugar ..1 lb.
4 cups .....1 quart	2½ cups powdered sugar..1 lb.
3 t-spoons liquid .....1 tbls.	2 tbls. butter (level) .....1 oz.
1 gill .....½ cup	4 level tbls. flour. .....1 oz.
16 tbls. liquid .....1 cup	2 cups butter (solid) .....1 lb.
3 tbls. grated choc. .....1 oz.	1 qt. sifted corn meal.1 lb. 1 oz.

BOILING.

Corned meats	4 to 6 hours
Ox tongue	3 to 4 hours
Ham—12 to 14 lbs.	4 to 5 hours
Turkey—10 lbs.	3 to 3½ hours
Fowl—4 to 5 lbs.	4 to 5 hours
Chicken—3 lbs.	1 to 1½ hours
Fish—2 to 5 lbs.	30 to 45 minutes
Lobster	25 to 30 minutes
Asparagus	20 to 30 minutes
Beans, shell, string or snap	1 to 3 hours
Beets, young	50 minutes
Beets, old	3 to 4 hours
Brussels sprouts	15 to 20 minutes
Cabbage	35 to 60 minutes
Carrots	1 hour
Cauliflower	25 to 30 minutes
Corn	12 to 20 minutes
Macaroni	25 to 30 minutes
Turnips and parsnips	30 to 45 minutes
Onions	45 to 60 minutes
Spinach	15 to 20 minutes
Tomatoes, stewed.	15 to 20 minutes
Rice	20 to 30 minutes

BROILING.

Steak—1 inch	4 to 10 minutes
Steak—1½ inch thick	8 to 12 minutes
Lamb or mutton chops	6 to 10 minutes
Chicken	20 minutes
Quails	8 minutes
Squabs	10 to 12 minutes
Shad, white fish and blue fish	15 to 20 minutes

Fish, slices ..... 12 to 15 minutes
Liver ..... 4 to 5 minutes

TIME TABLE FOR COOKING.

BAKING.

Mutton, leg rare	per pound		10 minutes
Mutton, forequarter	"	"	15 to 25 minutes.
Mutton, leg, well done	"	"	14 to 20 minutes
Lamb, well done	"	"	15 to 20 minutes
Beef, loin or ribs, rare	"	"	8 to 10 minutes
Beef, loin or ribs, well done	"	"	12 to 16 minutes
Beef, ribs, rolled, rare	"	"	12 to 15 minutes
Beef, ribs, rolled, well done	"	"	15 to 18 minutes
Beef, fillet, rare	"	"	20 to 30 minutes
Veal, well done	"	"	18 to 22 minutes
Pork, well done	"	"	20 to 25 minutes
Chicken	"	"	15 to 20 minutes
Turkey—9 lbs.			3 hours
Goose—9 lbs.			2½ hours
Duck, domestic			1 to 1¼ hours
Duck, wild			20 to 30 minutes
Ham, whole			4 to 6 hours
Fish—3 to 4 lbs.			45 to 60 minutes
Small fish and fillets			20 minutes
Bread, white—loaf			45 to 60 minutes
Graham, loaf			35 to 45 minutes
Baking powder biscuits			12 to 15 minutes
Gems or muffins			25 to 30 minutes
Cookies			8 to 10 minutes
Gingerbread			20 to 30 minutes
Cake, sponge			45 to 60 minutes
Cake, layer			20 to 30 minutes
Cake, loaf			40 to 60 minutes
Cake, fruit			2 to 3 hours
Cake, wedding			3 to 5 hours
Cake, small			15 to 25 minutes
Pies			30 to 50 minutes
Tarts			15 to 20 minutes
Patties			15 to 25 minutes
Pudding, rice or tapioca			1 hour
Puddings, bread			45 to 60 minutes
Scallop dishes			15 to 20 minutes
Custard			35 to 45 minutes
Custard in cups			20 to 25 minutes

FRYING.

Smelts and other small fish ..... 3 to 5 minutes
Breaded chops ..... 5 to 8 minutes

Potatoes, raw ..... 4 to 8 minutes
Fish balls and croquettes ..... 1 minute
Muffins, fritters and doughnuts ..... 3 to 5 minutes
Eggs, hard boiled ..... 10 minutes
Eggs, soft boiled ..... 3½ to 4 minutes

EVERY MEAL SHOULD CONTAIN.

1 protein dish(meats).
2 carbohydrate dishes (bread and cereals).
1 mineral dish (green vegetable).
1 fat dish (butter, etc.).
1 water dish (beverage).

TO HAVE A BALANCED MEAL.

Plan your menus for the day with this in mind if it is not possible to give all the values at one meal.

PROTEINS—Milk, Meat, Eggs, Poultry, Fish, Cheese, Legumes, Nuts and Cereals.

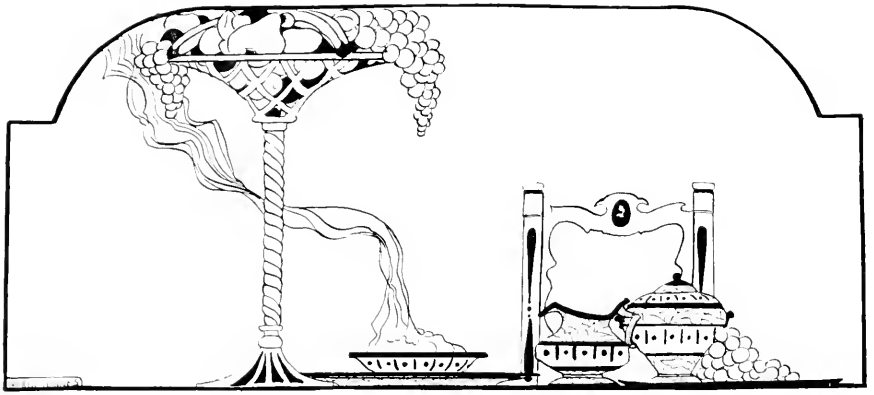
CARBOHYDRATES—Cereals, Potatoes, Rice, Bananas, Breads, Macaroni and Tapioca.

MINERALS—Fruits, Green vegetables, Tomatoes, Cauliflower, Cabbage and Onions.

FATS—Cream, Butter, Oleo, Meat fats, Vegetable fats and Nut oils.

Milk should have a part in the meals every day. It is an essential for adults as well as children.

Food supplying vitamins—necessary elements for health are Milk, Whole grain, Legumes, Spinach, Cabbage, Onions, Carrots, Turnips, Beets, Tomatoes, Oranges and Eggs.
Miss M. P. Means, Instructor Home Economics Girl's High School.



CHAPTER VIII.

BREAKFASTS.

FRUITS IN SEASON.

Mrs. Norman Sharp—Chairman City Market.

Most essential from the standpoint of hygiene is the inclusion of fruit in the daily diet, and this in Atlanta is a simple matter, for farmers supplying Atlanta's Municipal Curb Market furnish a continuous rotation of fruits during the entire year.

Beginning with the early spring the strawberry is the first and one of the most delightful fruits. Strawberries are usually served with cream and sugar and are delightful appetizers, with which to begin the breakfast menu. Following the strawberry come the no less popular raspberry and blackberry which are served with cream and sugar as the first course. The dewberry, a species of blackberry, is popular also. Cherries served on individual platters with the stems on make an attractive breakfast dish.

The Georgia peach, famous the world over is well adapted for a breakfast fruit. An attractive breakfast is served with whole peeled peaches on individual platters, in the center of which is a sugar bowl surrounded with peeled peaches and garnished with green peach leaves.

Then comes the cantaloupe and honey-dew melon, which may be served in many artistic and attractive ways—peeled, halved and served with crushed ice is one of the most practical methods of serving cantaloupe as a breakfast fruit. Some enjoy iced watermelon also, a fruit for which Georgia is famous. Figs peeled and served whole with cream and sugar constitute a delicious breakfast course. Later come the plum and grape, which are served most attractively in a large fruit bowl, which graces the center of the breakfast table and is passed and served from individually. Scup-

pernongs, a light green, and muscadines, a purple brown, are thick skinned and resemble grapes.

For the fall and winter breakfast the apple reigns supreme and may be prepared in a variety of appetizing ways. Perhaps the most popular is the baked apple. Apple sauce is another favorite Southern breakfast course. To prepare, peel apples, quarter and stew until tender with a few slices of lemon; after which rub through colander with spices, sweeten to taste and serve cold with or without cream.

During the winter months Georgia calls on her sister state, Florida, for grapefruit and oranges, which may be served in many ways and are used extensively for breakfast menus.

BREAKFAST CEREALS.

Mrs. J. A. Carlisle, Chairman Cook Book.

Of the many varieties of cereals, all are lacking in fats, so they are more nutritious if butter or cream and sugar are served with the cooked cereals (only cream and sugar with the uncooked). Most cooked cereals are very indigestible if cooked less than one hour. When preparing the evening meal, cook cereal in a double boiler for an hour or more, then place (covered) on back of stove. Next morning add boiling water to lower boiler and upper boiler if cereal is too thick. Cook 10 to 15 minutes and serve.

Rolled or Quaker Oats should be put to cook in boiling salted water,proportions 1 t-spoon of salt to 1 qt. of water, and will cook quicker if soaked over night in cold water. To keep out insects, when cereals are opened contents should be placed in glass fruit jars with lids screwed on tightly.

OATMEAL—ROLLED OR QUAKER OATS.

1 cup oats or oatmeal. 3 cups boiling water.
½ t-spoon salt.

Stir oats and salt gradually in boiling water. If cooked over direct heat, cook slowly, (stirring occasionally) about 40 minutes or cook in double boiler one to two hours. May be placed in fireless cooker over night.

CREAM OF WHEAT.

½ cup cream of wheat. 2½ cups water.
½ t-spoon salt.

Add salt to boiling water, stir in cream of wheat and continue stirring a few moments to prevent lumping. Cook slowly over direct heat 20 minutes or more, or in double boiler one hour or more. Can be placed in fireless cooker three or four hours. Serve with cream and sugar.

FINE HOMINY OR GRITS—SOUTHERN.

Grits, like corn meal, absorb a great deal of water in cooking. Cook as other cereals or leave in fireless cooker over night. May be eaten with butter or gravy. Pack while warm in one-pound baking powder cans, cool, turn out and cut in slices, dip in flour, saute in bacon drippings a golden brown. Serve bacon crisp on hominy slices for breakfast.

STEAMED RICE.

1 cup rice.
3 cups water.
1 t-spoon salt.

Wash rice and pour slowly in water boiling briskly. Add salt and cook until grains are tender, drain in colander, serve with sugar and cream, raisins may be added. Rice should be cooked in double boiler.

BAKED SHREDDED WHEAT.

Shredded wheat is delicious, when divided into two parts by a sharp knife, each part being buttered, placed in the oven and heated till crisp. It tastes very much like pop-corn, and may be eaten as a sandwich or with milk and sugar.

Mrs. Newton C. Wing.

ONE OF MRS. THORNTON'S FAVORITE BREAKFAST DISHES.

1 cup meal.
½ cup boiling water.
1 tbls. Royal baking powder.
Butter size of walnut.
Salt to taste.
1½ cups well cooked grits or hominy.
1 cup milk.
3 eggs.

Put in mixing bowl butter, salt, meal, hominy and milk; mash fine, beat a few minutes, then stir in hot water. Add eggs, baking powder and beat well. Bake in shallow pan.

Mrs. Albert Thornton,
Pres. Atlanta City Federation Women's Clubs.

A NEW ENGLAND BREAKFAST.

Apple sauce.
Fish balls and bacon.
Fried Indian pudding.
Maple syrup.
Coffee.

FISH BALLS.

1 cup cod fish.
2 cups mashed potatoes.
1 egg.
1 lump butter.

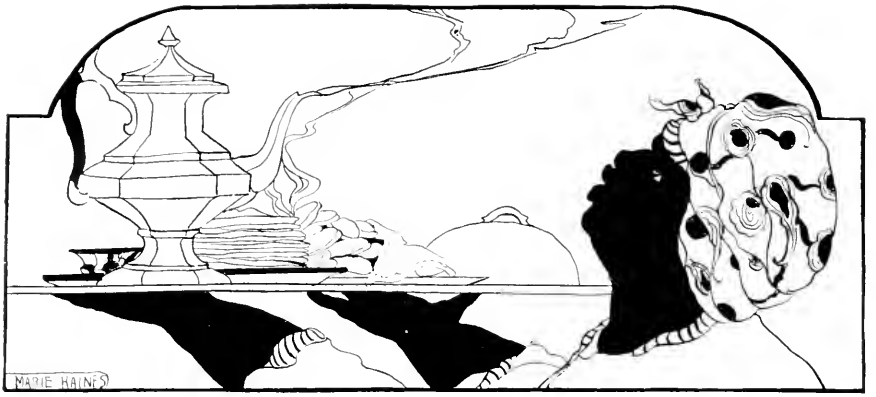
Freshen cod fish slightly and cook, about a minute; chop fine. Beat all ingredients together till well blended, and season. Form into cakes, dip into meal and fry in bacon or fat.

FRIED INDIAN PUDDING.

1 qt. water. 1 tbls. flour.
1 cup Indian meal (yellow).

Into a quart of boiling water, turn in slowly the meal stirring constantly. 1 tbls. flour added, will help hold it together, when later it is sliced for frying. It should cook slowly 20 minutes; then pour out in wide shallow pan.

Mrs. J. C. Wing,
Palmer, Mass.



BREAD, BATTER CAKES AND WAFFLES.

Mrs. Frank Daub—Chairman.

SHE BAKES THE BREAD

It's happy every mornin',
Every evenin' I will be,
For I hoe the corn for Sally
And she bakes the bread for me!

Frank L. Stanton.

BREADS.

Quick breads should be made as rapidly as possible and cooked at once. Where soda is used in a recipe, add it to the other dry ingredients. Flour should be sifted before measuring. Serve hot breads in a folded napkin on a plate.

M. P. Means.

KENTUCKY BUTTERMILK BISCUIT.

1 qt. flour.
1 t-spoon salt.
1 t-spoon soda.
2 tbls. lard.

Sift flour, mix soda and salt well with flour, work in lard, pour in buttermilk to make soft dough. Roll thin, cut and bake in hot oven.

Mrs. W. B. Price-Smith.
Auditorium Chairman.

BREAD.

Never Fail, or Milk Bread.

2 cups water.
1 cake yeast.
2 cups milk.
3 tbls. sugar.
1 tbls. salt.
1 tbls. lard.

Boil all together. When cool, add yeast dissolved in ½ cup luke warm water. Stir in from five to seven cups flour or enough to make a good dough, set in warm place over night. Next morning

knead for 15 or 20 minutes. Mould into loaves and let rise again Bake about 40 minutes in moderate oven.

Mrs. Edwin Beaver.

VIRGINIA SALT RISING BREAD

3 qts. sifted flour.
1 cup milk.
1 tbls. sugar.
1 tbls. lard.
2 cups water.
1 tbls. salt.

Put two cups boiling water in pitcher. Add milk, sugar, 3 cups flour and 1 t-spoon salt. Stir well. Cover pitcher and set in pan of moderately warm water 3 hours. Keep at uniform temperature. Beat well; afterwards do not disturb. In 2 hours it should be light. Mix salt and lard in balance of flour. Pour yeast in this. If not sufficient to make moderately soft dough, add little more water; knead well and mold in loaves. Put in warm oven to rise. Bake slowly.

Mrs. Bun Wylie.

DELICIOUS SALT RISING BREAD.

(should be made in hot weather).

1½ cups milk.
2 qts. flour.
1/3 cup corn meal.
3 scant tbls. lard.
1 tbls. salt.
1 cup boiling water.

Scald meal with ½ cup hot milk. Stand mixture over night in covered bowl, then add ½ cup boiling water and ½ cup milk mixed. Stir well and thicken to consistency of waffle batter with part of flour. Set in sun about 2½ hours. Put salt, sugar and shortening in balance flour. Add above yeast with ½ cup milk and ½ cup boiling water; rinse the bowl, from which the yeast was emptied and add to mixture. Be sure to knead bread well. Mold in loaves set in sun to rise until level with top of pan. Bake in moderate oven.

Mrs. T. D. Longino.

ROLLED OATS BREAD (NEW ENGLAND RECIPE).

2 cups boiling water.
1 cup rolled oats.
½ cup molasses.
Flour.
2 tbls. Crisco or lard.
2 t-spoons salt.
1 yeast cake dissolved in ½ cup luke warm water.

Add boiling water to rolled oats and allow to stand one hour. Add molasses, salt, shortening and dissolve yeast cake. Add flour to make stiff dough, knead well, let rise. Knead very little. Divide into two bread pans, let rise again, bake 40 minutes in moderate oven. Enough for two small loaves.

Mrs. Rowland T. Cresse.
Boston, Mass.

NORWEGIAN SWEETBREAD.

1 cake fresh yeast.
2 tbls. of sugar.
3 t-spoons of salt.
1 cup of sugar.
Season well with cinnamon.
1 fresh egg well beaten.

1 large tbls. of lard.
4 cups of water.
Flour enough to make stiff dough.
When risen work over and add,
Half a citron cut in medium size pieces.
A handfull of large raisins cut in half.
1 tbls. full of butter or lard.

This takes longer to rise than plain bread. When about to brown, brush with lard, and sprinkle with sugar and cinnamon.

This is a delicious bread and a favorite in Norway. When stale may be toasted and served for breakfast.

Lollie Belle Wylie.

FAMOUS VIRGINIA SPOON BREAD.

1 pt. corn meal (scalded).
2 tbls butter.
1 qt. buttermilk.
Salt to taste.
4 eggs.
1 t-spoon soda.
½ t-spoon baking powder.

Thin the scalded meal to consistency of a batter for cakes with the buttermilk. Melt butter in pan in which bread is to be baked; add, with salt, to mixture. After stirring well, pour into hot pan and bake quickly in hot oven. When well browned, serve hot from pan with spoon. Hence the name "Spoon Bread."

I. H. Goss, M. D.
President Medical Society, Athens, Ga.

NUT BREAD NO. I.

2 cups flour.
2 t-spoon Royal baking powder
½ cup sugar.
½ t-spoon salt.
1 cup chopped nuts.
1 egg.
¾ cup milk.

Combine flour, sugar, nuts, salt and baking powder; add milk, and well beaten egg. Let stand in pan 20 minutes. Bake in moderately hot oven one-half hour.

Mrs. Andrew P. Stewart.

NUT BREAD NO II.

3 cups flour.
1 cup nuts.
1 cup milk.
Butter size of egg.
1 cup sugar.
1 egg.
1 t-spoon baking powder.
1 t-spoon salt.

Combine flour, baking powder, sugar, and nuts. Beat eggs lightly; add milk and butter.

Miss Pattie James,
Hamilton, Ga.

NUT BREAD NO. III.

4 cups flour.
1½ cups chopped pecans.
1 cup sugar.
4 t-spoons Royal baking powder.
1¾ cups milk.
1 egg.
1 t-spoon salt.

Combine flour, sugar, nuts, salt and baking powder, add milk and well beaten egg. Let stand in pans fifteen minutes. Bake forty minutes in slow oven. This makes two loaves.

Mrs. L. R. Wright.

WALNUT BREAD.

1 egg.
1 cup milk.
4 cups flour.
2 cups chopped black walnuts.
1 cup sugar.
2 t-spoons salt.
4 t-spoons baking powder.

Combine flour, sugar, nuts, salt and baking powder, add milk and well beaten egg. Let rise in pans 20 minutes. Bake 45 minutes in hot oven, standing in pan of water. Keep covered first 15 minutes.

Mrs. Edgar Barett.

BOSTON BROWN BREAD.

1 cup flour.
1 cup corn meal.
1 cup graham flour.
1 cup black molasses.
1 cup buttermilk.
1 t-spoon soda.
1 pinch salt.
1 pinch cloves or other spice.

Combine soda, salt and spice in the flours; sift all together. Add buttermilk and molasses, put in greased baking powder cans, cover with their own tops, and steam for two hours, letting the water come to within an inch of the top. Cover the vessel in which the bread is steamed, replenishing the water around the cans, when necessary. A cup of blackberry jam added to the batter is delicious.

Mrs. Alonzo Richardson,
State Chairman of Citizenship. Vice-Pres. Atlanta Woman's Club.

JOHNNY CAKE.

(delicious).

1 pt. buttermilk.
1½ cups corn meal (sifted).
1 t-spoon salt.
1 t-spoon soda.
½ cup flour.
2 eggs.
2 tbls. sugar.
2 level tbls. shortening.

Combine meal, flour, salt and sugar; rub shortening in mixture with fingers, add well beaten eggs, then milk in which soda is dissolved. Stir all together and beat with egg beater 3 minutes. Bake in large pan in moderate oven 1 hour.

Mrs. Charles Myers.

DATE BREAD.

1½ packages dates.
1 cup sugar.
4 t-spoon baking powder.
3 cups flour measured before sifting.
1 cup English walnut meats.
4 eggs.
1 pinch of salt.
1 t-spoon vanilla.

Beat eggs thoroughly and cream with sugar. Mix flour and baking powder add to mixture. Chop walnuts and cut dates into

small pieces, stir into mixture, add salt and vanilla. Bake slowly one hour.

Mrs. Virlyn B. Moore,
Bolton, Ga.

RAISIN BREAD.

2 yeast cakes.
1 cup milk.
2/3 cup Snowdrift.
½ cup water.
1 tbls. sugar.
1 t-spoon salt.
1 cup seeded raisins.
1 egg.
Flour (Capitola).

Dissolve yeast cake in ½ cup warm water. Add sugar, salt and Snowdrift to milk; warm until Snowdrift melts. Add to this the yeast dissolved in warm water, the well beaten egg and sufficient flour to make drop batter. Cover and set in warm place to rise about 4 hours. Add raisins well floured and flour enough to make stiff dough. Mold into 2 loaves that fit nicely in pans. Set to rise about an hour. Bake in moderate oven.

Mrs. F. S. Hall.

GINGER BREAD. (1865).

2 cups syrup.
1 cup lard and butter mixed.
1 qt. sifted flour.
1 t-spoon soda.
1 cup hot water.
Spices.

Heat lard and butter together until melted. Pour this over the flour mixing well. Add spices to taste—preferably ginger and cinnamon. Add the hot water, in which the soda has been dissolved. Bake in paper lined biscuit pan, well greased. May be eaten hot, served with hard butter, or liquid sauce.

Mrs. Edward H. Barnes.

MILK BREAD. (four small loaves).

1 qt. milk, scalded.
1 cake compressed yeast.
2 tbls. sugar.
3 tbls. lard.
3 qts. sifted flour.
1 t-spoon salt.

Put into quart measure, the lard, salt and one cup boiling water; fill with scalded milk; let cool until luke warm; stir and pour into bread maker, keeping back just enough liquid to dissolve yeast, add the dissolved yeast to other liquids, lastly the sifted flour. If bread mixer is used turn the crank three minutes, or until dough forms into a ball around the kneading rod. Cover, set away to rise. After rising, turn crank until the dough forms a ball around the kneader; lift out. Cut into four pieces, put in four greased baking tins. Let rise about an hour. When raised to top of pans, brush top of loaves with milk. Light burners of gas stove; after five minutes put bread in and after both burners are on for ten minutes, shut off one burner and let other burner on full for five minutes more; then turn off half way for five minutes; then turn off entirely, but leave bread in oven till cool. Have gas burning for 25 minutes only.

Mrs. W. Frank Daub.

SOUTHERN BEATEN BISCUIT.

1 qt. unsifted flour.
1 t-spoon sugar.
Equal parts ice-water and milk.
½ cup lard.
½ t-spoon Royal baking powder.
1 t-spoon salt.

Sift flour, baking powder, sugar and salt together. Rub lard into flour thoroughly. Add gradually equal parts of milk and ice-water, just enough to make a very stiff dough. (Almost dry). Work on a kneader, or beat with a mallet until the dough is smooth and glossy. This will require at least ½ hour. Roll out about ¼ inch thick. Cut and pierce with fork. Start cooking in moderate oven, gradually increasing heat. In about 30 minutes biscuit should be light brown. Turn off heat or allow biscuit to stand in warm oven about 20 minutes to dry out thoroughly.

Mrs. W. M. Seay.

EMERGENCY BISCUIT.

3 cups self rising flour.
1½ cups milk.
2 tbls. melted butter.

After sifting flour rub in butter and add milk. Beat into a soft dough and drop with tablespoon a good inch apart into well greased baking pan. Bake in hot oven.

Mrs. James R. Bachman,
Kirkwood, Ga.

BRAN BISCUIT.

1 cup of bran.
1 t-spoon soda.
¼ cup of butter.
1 cup of flour.
½ cup of sour milk.
½ t-spoon salt.

Sift soda into flour, add salt, mix butter well into this; add bran, stir in milk, mix well and bake.

Mrs. Hugh Willet,
Chairman State Federation.

SWEET POTATO BISCUIT.

1 qt. flour.
2 large sweet potatoes.
1 cup sugar.
2 t-spoons butter or substitute.
3 t-spoons Royal baking powder.
Pinch of salt.
Milk.

Boil potatoes and mash adding sugar and butter. Sift flour salt and baking powder, add potato mixture. Make into a soft dough with milk. Roll out and cut. Bake in moderately hot oven.

Mrs. J. L. Minson.

CHEESE BISCUIT.

5/8 cup milk.
6 tbls grated cheese.
1½ cups flour.
2 t-spoons Royal baking powder.
1 t-spoon shortening.
¼ t-spoon salt.

Sift together baking powder, salt and flour: add shortening

and cheese; slowly just enough milk to hold the dough together. Roll on flour board ½ inch thick; cut with small biscuit cutter and bake 15 minutes.

Mrs. Newton C. Wing.

CREOLE QUICK ROLLS.

1 yeast cake dissolved in 1 cup tepid water.
1 cup boiled Irish potatoes (mashed).
1 cup sugar.
1 cup of water in which potatoes were boiled.

Combine above ingredients together well, let rise in warm place three hours. This mixture will keep in ice box several days and is used as one would use buttermilk to make biscuit. When ready to make rolls, break one egg in bowl, beating slightly, add one cup of this yeast mixture (dipping from bottom of bowl) 3 tbls. melted fat, 1 tbls. sugar (less if preferred) 1 t-spoon salt, enough flour to knead a little but not too stiff, roll out, cut with large size biscuit cutter, turn edges together, with dot of butter between making pocket book rolls. Let rise 2 hours, bake in moderately quick oven. This amount will serve six people. Double or triple the quantity for more, but never use more than two eggs. This will also make very good bread and rolls.

Mrs. William Percy.

ALLINE'S MUFFINS.

2 cups flour.
2 eggs.
1 cup milk.
2 tbls. butter.
2 tbls. sugar.
½ tbls. salt.
2 t-spoon Royal baking powder.

Beat sugar and butter together, add whites and yolks of eggs beaten separately until light. Sift together flour, salt, and baking powder; add this to first mixture. Fold in milk, but do not stir. Put in greased muffin pans. Bake about 15 minutes in hot oven. The delicacy of these muffins depends, upon the mixing and baking.

Mrs. Edward H. Barnes.

CHEESE STRAWS No. 1.

1 lb. grated cheese.
Dash of salt.
Flour enough to make a stiff dough.
1 cup butter and lard mixed.
Dash of red pepper.

Roll thin and cut into strips.

Mrs. Lela C. McKinney.

CHEESE STRAWS NO. 2.

¼ lb. flour.
2 oz. grated cheese.
1 egg yolk.
Pinch of salt.
2 oz. butter.
Dash of cayenne pepper.

Combine above ingredients to a paste with egg yolk. Roll thin one-third inch wide from three to five inches long. Straws may be

twisted if desired. Place on hot baking pan, cook in moderate oven light brown.

Mrs. C. R. Hardy.

POPOVERS.

2 cups pastry flour.
2 eggs.
1 tbl. butter.
2 cups milk.
salt to taste.
1 t-spoon baking powder.

Beat together the flour, baking powder, milk and salt, break eggs into this mixture, stir well. Turn into a hot, well buttered, iron popover pan (Tin gem pans may be used). Bake in a very hot oven twenty to twenty-five minutes.

Mrs. Rupert E. Hall.

VIRGINIA SALLY LUNN.

1 qt. flour.
1 level t-spoon salt.
2 tbls. Snowdrift.
2 tbls. sugar.
2 eggs.
½ yeast cake.
2 cups tepid water.
Butter size of egg.

Mix salt and Snowdrift in sifted flour. Dissolve yeast cake in tepid water to which has been added two tablespoons sugar. Mix thoroughly, adding yeast mixture enough to make dough soft as biscuit dough. Let rise four or five hours. Add the well beaten eggs and butter. Work well with the hand, put in greased tube cake pan, let rise until double in bulk. Bake from 35 to 40 minutes in gas oven with one burner. Finish baking with the one burner turned about half way off for 25 minutes.

Mrs. J. M. Manry.

SALLY LUNN MUFFINS.

2 cups flour.
1 tbl. of sugar.
1 cup milk.
A little salt.
3 eggs.
3 t-spoons Royal baking powder.
¼ cup butter.

Cream yolks, sugar, and butter together until light. Add flour. Beat whites until stiff, add, folding in until well mixed. Last of all add baking powder to batter, and stir in thoroughly. Bake at once in muffin tins. The above receipe makes the most delicious Muffin Cakes, by adding one cup of sugar.

Mrs. E. Rivers.

GRAHAM MUFFINS.

¾ cup graham flour.
1 cup white flour.
½ t-spoon salt.
¼ cup corn meal.
1½ cups buttermilk.
¾ t-spoon soda.

Put in buttermilk, meal, graham and white flour, soda sifted with flour. Stir gently until stiff drop batter is formed. Bake in hot oven, in well greased muffin irons.

Mrs. John Hardwick.

SOUTHERN CORN BREAD.

1 qt. meal.
3 tbls. lard.
¼ t-spoon soda.
1 t-spoon salt.
1½ cups butter milk.
1 cup water.

Dissolve soda in buttermilk, add to meal with lard and salt—then add water to right consistency (add more water if necessary). Cook in hot oven.

Mrs. J. H. Merritt.

PARKER HOUSE CORN CAKE.

1 cup flour.
1 cup corn meal.
1 cup milk.
1 t-spoon soda.
¼ cup sugar.
1¼ t-spoons cream of tartar.
1 egg.
Butter size of egg.

Combine flour, corn meal, cream of tartar, soda and salt together. In another bowl, mix egg, sugar, butter and milk; add this to dry ingredients. Beat well and bake in greased muffin tins. A half cup of floured raisins may be added.

Mrs. W. Frank Daub.

VIRGINIA CORN PONES.

1 pt. water ground meal.
1 cup buttermilk.
1 tbls. lard.
¼ t-spoon soda.
½ t-spoon salt.

Sift meal, soda and salt, work in lard, then milk, work quickly, adding water enough to make soft dough. Make into pones with hands, put in hot greased pan, bake in hot oven twelve or fifteen minutes.

Mrs. R. T. Bell, Sr.
Lynchburg, Va.

LIGHT ROLLS.

½ cake yeast.
½ pt. milk.
1 tbls. sugar.
1 t-spoon salt.
½ cup tepid water.
½ pt. cold water.
1 tbls. lard.

Soak yeast in tepid water while scalding milk, add lard and sugar to hot milk, then the cold water and salt, beat in enough flour to make stiff batter, add yeast cake, put in covered pail, stand in warm place and let rise for 2½ hours. Knead in enough flour to make a light dough. Roll one half inch thick, spread with melted butter, cut with large biscuit cutter, fold half over, put in baking pan, cover, let rise in warm place 2½ hours. Bake 20 minutes.

Mrs. W. M. Jenkins,
Smyrna, Ga.

DOUGHNUTS.

3 medium size Irish potatoes.
3 cups sugar.
3 eggs.
Butter size of egg.
1 cup milk.
6 t-spoon Royal baking powder
2 qts. flour.

Cream together butter and sugar. Add well beaten eggs. Stir in potatoes boiled and mashed; then add milk. Sift in flour, baking powder and nutmeg or cinnamon. Make into a stiff dough. Cut and fry in deep fat (Snowdrift). Drain on brown paper, then roll in powdered sugar. This makes a large quantity but they keep well

Mrs. John Z. Lawshe.

DOUGHNUTS.

1 cup sugar.
1 cup milk.
2 eggs.
1 t-spoon vanilla.
3 cups flour sifted with 3 t-spoons Royal baking powder.
½ t-spoon salt.
4 tbls. melted butter.

Add sufficient flour to above mixture to roll out; fry in deep fat. Sugar while warm.

Mrs. Fred J. Stilson.

WAFFLES.

1¾ cups flour.
3 t-spoons baking powder.
½ t-spoon salt.
1 cup milk.
2 eggs—yolks.
2 eggs—whites.
1 tbls. melted butter.

Combine and sift dry ingredients, add milk gradually, yolks of eggs beaten well, butter, whites of eggs beaten stiff. Cook on a greased waffle iron. Serve with maple syrup. Waffle iron should be well heated on one side, turned, heated on other side, and thoroughly greased before iron is filled. In filling put a tablespoon full of mixture in each compartment near center of iron, cover, and mixture will spread to just fill iron.

Mrs. Robert A. Sewell.

SOUTHERN PLAIN WAFERS.

1 pt. milk.
1 t-spoon baking powder.
1 pt. flour.
1 tbls. butter.

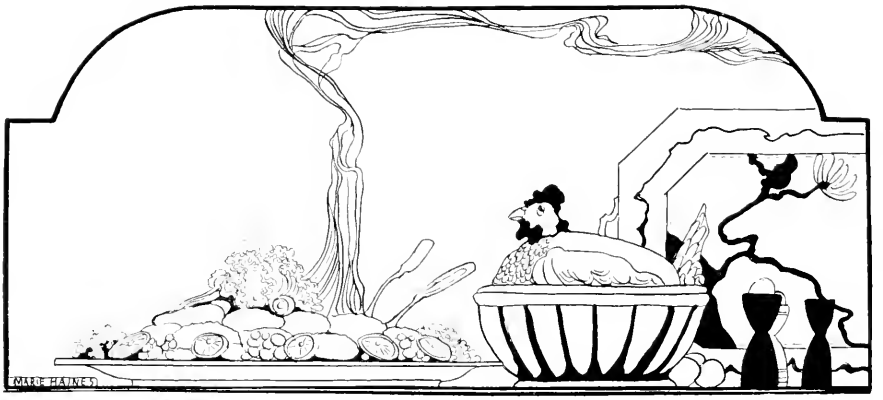
Sift baking powder with flour, cream flour and butter well, add milk gradually, salt to taste. Bake in wafer irons. When finished trim with scissors.

Mrs. Hugh Willet.

TRY THIS METHOD OF "PREPARING TOAST".

Cut bread one half inch thick (or thickness desired) and put under flame in gas oven to brown slightly. (Browning process should be done quickly; be careful not to scorch.) Remove bread put a light spread of butter on one or both sides, return to oven until a golden brown. This is a little trouble, but toast is crisp and delicious.

Mr. George Ellis.



CROQUETTES AND EGG DISHES.

Mrs. Lee Hagan, Chairman.

Eggs cooked at a low temperature (poached) are more quickly digested than eggs cooked at a high temperature (fried). Always buy yard or guaranteed eggs as these are cheaper in the end. Eggs may be served as a substitute for meat as they have similar food value.

Miss M. P. Means.—Censor.

CHICKEN CROQUETTES A LA PIEDMONT.

1 lb. ground cooked chicken.
1 cup milk.
1 tbls. flour.
2 tbls. butter.
1 egg yolk.

Cream butter and flour together, add yolk, then milk. Cook all until thick. Mix with the chicken—season with salt and pepper to taste. Shape into balls—roll in flour—next in beaten egg and then in cracker crumbs. Fry in deep fat.

Piedmont Driving Club.

CHICKEN CROQUETTES.

1 cup ground chicken.
2 eggs well beaten.
½ cup cracker or bread crumbs
1 tbls. melted butter.
Season to taste.

Mix all together, making into cakes. Fry in boiling lard.

Mrs. Charles Ray.

VEAL CROQUETTES.

2 cups cooked veal.
1 egg.
1 cup white sauce.
Season with onion, salt and pepper to taste.

Mix all together, making into balls. Dip in beaten eggs—then in cracker crumbs. Fry in hot lard.

Mrs. O. R. Williams.

GREEN CORN CROQUETTES.

½ dozen ears grated corn.
1 cup milk.
4 tbls. butter.
1 cup flour.
Pepper and salt to taste.
3 eggs.

Warm the milk and butter, add the corn. When cold, add eggs well beaten. Make into balls. Fry in hot lard.

Mrs. O. C. Fuller.

SALMON CROQUETTES.

1 large can salmon.
3 tbls. butter.
2 eggs.
Salt, pepper and lemon juice to taste.
1 cup milk.
2 tbls. flour.
½ cup bread crumbs.

Mix butter and flour together. When milk begins to boil, stir in flour, butter, salmon and seasoning. Boil up for two minutes. Then stir in eggs well beaten. When cold, shape up and fry in hot fat.

Mrs. J. Ben L-Gette.

BANANA CROQUETTES.

4 ripe sound bananas.
½ lemon.
1 egg.
Pinch salt.

Cut bananas in four parts lengthwise. Mix beaten eggs with lemon juice and salt. Dip bananas in the mixture and then roll in cracker crumbs. Fry in deep fat—drain on brown paper and sprinkle with powdered sugar.

Mrs. Lee Hagan.

NUT AND POTATO CROQUETTES.

1 cup black walnut meats.
2 eggs.
1 cup mashed potatoes.
1 cup bread crumbs.

Chop walnut meats coarsely, mix with the potatoes mashed and seasoned. Have bread crumbs soft and stir in with well beaten eggs; mould into croquettes. Dip each one in beaten egg, roll in fine crumbs and fry in deep hot fat.

Mrs. E. O. Pritchard.

BRAIN CROQUETTES.

1 set brains.
1 cup cracker crumbs.
3 eggs.
Salt and pepper to taste.

Parboil brains twenty minutes; drain. Stir into them the cracker crumbs and the well beaten eggs. Make into cakes, roll in eggs and then in cracker crumbs. Fry in boiling lard. Garnish with parsley.

Mrs. D. R. Wilder.

VEAL CROQUETTES. (Original).

2 lbs. lean veal.
½ t-spoon black pepper.
1 t-spoon chopped parsley.
1 egg.
1 cup white sauce.
1 tbls. salt.
½ t-spoon celery seed.
Bread crumbs.

Cook veal until very tender, then run through meat chopper and mix with white sauce and seasoning. Roll into any shape desired and dip in egg and then in browned bread crumbs. Fry in basket in deep fat.

Mrs. E. B. Havis, Jr.

MEAT CROQUETTES.

1 cup cold meat.
1 cup milk.
¼ t-spoon salt.
1/8 t-spoon pepper.
1 egg.
1 bell pepper.
2 tbls. flour.
2 tbls. butter.

Grind any kind of cold meat, cream butter, flour, salt and pepper together, warm milk and pour on creamed mixture cook in double boiler until real stiff, add cold meat and chopped pepper, mix well and drop on platter to harden. When ready to cook dip in beaten egg roll in cracker crumbs, and fry quickly in deep fat. Drain on brown paper, and serve garnished with parsley.

Mrs. Jesse M. Manry.

MEAT CROQUETTES.

Fish or meat.
Rice.
1 well beaten egg.
Cracker crumbs or corn meal.
Salt.
Pepper.

Take equal parts of ground meat, and rice, 1 well beaten egg, salt and pepper to taste. Dip in beaten eggs and roll in cracker crumbs or corn meal. Fry in hot fat. Drain on paper. Creamed peas are lovely with croquettes.

Mrs. Tom. Germany.

BEEF CROQUETTES.

1 pt. chopped cold beef.
½ pt. hot boiled rice.
Pepper and salt to taste.

Bind with white sauce and fry. Serve with tomato or brown sauce.

Mrs. Le-Roy Gregory.

RICE CROQUETTES.

1 cup boiled rice.
½ cup cracker or bread crumbs
2 eggs well beaten and salted.

Mix rice and crumbs in eggs, make into balls and fry in boiling lard. When done, place for a few minutes on brown paper.

Mrs. O. L. Jernigan.

EGGS AU BECHAMEL.

1 tbls. butter.
½ cup thin cream.
3 hard boiled eggs.
1 tbls. flour.
½ cup chicken broth.
Salt and pepper to taste.

Mix butter and flour together until smooth, add the cream chicken broth and seasoning, cook until thick, pour sauce over brown

toast, then the hard boiled eggs, which have been put through colander, next minced bacon on top. Serve hot.

From Tea-Room Chamberlin-Johnson-DuBose Co.

HAM OMELET.

1½ tbls. corn starch.
1 tbls. butter.
½ cup minced ham.
1 cup milk.
3 eggs.

Stir corn starch in the milk, add beaten eggs and ham. Beat all together. Melt butter in omelet pan and cook. Serve hot.

Mrs. Chas. McCarty.

OMELET FOR TWO.

4 eggs.
½ t-spoon salt.
4 tbls. warm water.
A dash of pepper.

Break eggs into round bottom bowl. Add seasoning and water. Beat rapidly with dover beater until light and foamy. Turn into cooking pan and as one part cooks, slip knife under that portion, lift it to let soft portion run under and so continue until only the bubbly top remains uncooked. Place in moderately hot oven to "set" the top. With left hand tilt the pan and with knife in right hand fold and turn at the same time into the platter. Serve instantly.

Mrs. Robert Andoe.

BEEF OMELET.

1 lb. round steak (ground).
1 cup bread crumbs.
4 beaten eggs.

Add salt, pepper to taste and a little nutmeg; add enough whole milk to make the mixture the consistency of stiff cream sauce. Put 3 tbls. of butter or breakfast bacon fat in hot skillet. Turn in mixture and scramble until brown. Serve hot. To any omelet left, add cream sauce and serve for another meal; this with scallopped tomatoes and potatoes au gratin make a delicious luncheon.

Mrs. Paul Dismukes,
Columbus, Ga.

MILK AND EGG OMELET.

5 eggs.
½ cup bread pieces, not ground
½ cup milk.
1 tbls. fat.

Pour into frying pan the grease, either bacon, butter, cooking oil or fat, (use twice as much, if hinged omelet pan is used). Soak in milk, for a few minutes, the pieces of bread. Add to beaten eggs the milk and bread; season to taste with salt and pepper and pour all into frying pan when it is very hot, reducing the heat as soon as it is in. Keep it from sticking to the sides, with a silver knife, occasionally tilting pan slightly so that liquid parts will run underneath and cook. Fold one part over on the other while it is still soft, turn out on hot platter, garnish and serve. The trick of

an omelet is to have just the right amount of grease, or else it will stick if too little is used or be watery if too much. Bread may be omitted, if a smaller omelet is desired, and more milk may be used.

Mrs. Newton C. Wing,
Chairman Home Economics.

TOMATO OMELET.

5 eggs.
½ cup bread pieces.
½ cup canned tomatoes.
2 tbls. fat.

If possible, use regular omelet pan for this, i. e., one that is hinged in center. Divide amount of bacon grease, butter, lard or butter substitute, putting half in each side of omelet pan. When bubbling hot, pour in an equal amount on each side, of the eggs, beaten; the tomatoes, in which have been soaked the small pieces of bread for several minutes and salt and pepper to taste. As soon as the mixture is in it requires less heat. With a silver knife, keep it from sticking to the sides and also tilt pan slightly, to allow the more liquid parts to get underneath. While still soft, turn one half of the omelet over on top of the other half, then turn out on hot platter and garnish with parsley; serve.

Mrs. Newton C. Wing,
Chairman Home Economics.

FLUFFY OMELET.

4 eggs.
2 tbls. butter.
4 tbls. water.
Salt and pepper to taste.

Separate eggs, beat yolks, add salt, pepper and water. Fold in the beaten egg whites, to which a little salt has been added. Melt butter in hot omelet pan—turn in egg and spread evenly over pan. Shake gently just above the flame until the omelet is slightly brown. Set in the oven and cook top. It is done when knife thrust into the center, comes out without the egg adhering. Fold together and turn out on a hot plate. Garnish with parsley. Serve at once.

Mrs. J. B. Dinwiddie.

EGGS BENEDICTINE.

On rounds of toast put thin slice of baked ham, cut to match. Upon this place one whole boiled egg and over this pour a rich cream sauce. Serve hot.

Mrs. J. E. McRee, (The Daffodil).

SCRAMBLED EGGS.

6 eggs.
1 tbls. butter.
6 t-spoons milk.
Season with salt and pepper.

Beat the yolks until light, add the milk, beat again. Put the butter in a warm pan, pouring the yolks in the pan first, then the unbeaten whites, adding a pinch of salt and white pepper. Cook until the whites are opaque. Serve hot.

Mrs. J. N. Bateman.

STUFFED EGGS.

1 dozen hard boiled eggs.
2 tbls. butter.
¼ t-spoon salt.
¼ t-spoon pepper.
½ cup mayonnaise.

Cut eggs in half—remove yolks. Mix with the butter, salt, pepper and mayonnaise. Stuff the whites with the mixture Sprinkle paprika over them, serve cold. Garnish with parsley.

Mrs. Lee Hagan.

CHEESE SOUFFLE.

1 cup hot milk.
3 eggs.
1 tbls. butter.
1 cup grated cheese.
3 level tbls. flour.

Make white sauce of the milk, butter and flour; while it is still hot on the stove, add grated cheese, stir until well blended, then add beaten of yolks and pinch of salt. Fold in stiffly beaten whites and bake in moderate oven 20 minutes, using only one burner.

Mrs. L. G. Neal.

CHEESE MOUSSE.

1 pt. cream.
1 pkg. gelatine.
1 lemon (juice).
Salt to taste.
1 cup grated cheese.
Cayenne pepper to taste.
2 green peppers.

Whip cream and when nearly stiff add lemon juice; then whip stiff. Put in peppers ground fine (through meat chopper) and cheese; add salt and pepper to taste. Then fold in gelatine (softened in a little cold water and dissolved over hot). Set in ice box to cool, serve with mayonnaise and lettuce.

Mrs. E. O. Pritchard.

COTTAGE CHEESE SALAD.

2 cups cottage cheese.
½ chopped green pepper.
½ t-spoon salt.
1/8 t-spoon pepper.

Mix thoroughly, make into balls size of an English walnut Serve on lettuce with French dressing.

Mrs. D. J. Jones.

CHEESE RELISH.

1 lb. cream cheese.
Pinch each paprika, salt and mustard.

Add cream until smooth consistency. Mold in palm of hand in small balls and place walnut or pecan on one half.

Mrs. A. C. Plage,
East Lake.

CHEESE STRAWS.

2 cups grated cheese.
1½ cups flour.
2 tbls. melted butter.
¼ cup ice water.
Pinch of salt and pepper.

Mix cheese, flour, salt, pepper and butter well together, add ice water to make a soft dough, roll out thin—Bake in hot oven.

Mrs. W. M. Zirkle.

WELSH RAREBIT.

½ lb. cheese (grated).
¼ t-spoon cayenne pepper.
1 tbls. mustard.
1 tbls. fine bread crumbs soaked in milk.

Rub bottom of heated pan with butter. Rub in cheese, stirring fast. When melted, put in butter, mustard, pepper and lastly crumbs pressed dry. Spread smoking hot on toast. Serve at once.

Miss Jennie Ikerd,
Fort Worth, Texas,

A LA GOLDEN ROD TOAST.

4 hard boiled eggs.
6 rounds of buttered toast.

Put whites thru potato masher, grate yolks. Bread should be toasted on both sides.

THICK CREAM DRESSING.

1 cup milk.
4 tbls. flour.
2 tbls. melted butter.
Salt and cayenne pepper.

Cream butter and flour together, stir this in the hot milk until smooth, cook until rather thick, add the mashed egg whites, salt and cayenne to taste. Put a spoonful on each round of toast, sprinkle the top with grated yolks, serve immediately.

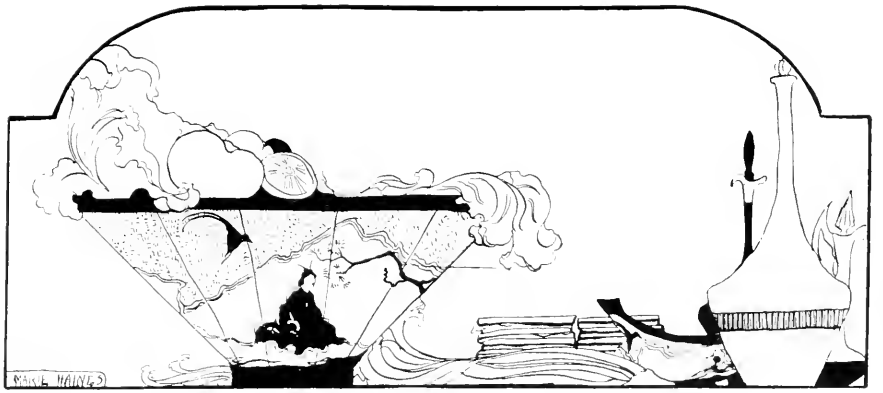
Miss Silvia Northcutt,
Louisville, Kentucky.

CHEESE SALAD.

1 pt. stiff whipped cream.
1 pk. gelatine.
½ green pepper.
¼ t-spoon salt.
1 cup grated cheese.
½ pimento.
Juice of 1 lemon.

Soak gelatine in a little cold water, then mix all together. Place in mold to congeal. Turn out on platter of lettuce. Serve with mayonnaise.

Mrs. Beckley Griffin.



CHAPTER IX.

LUNCHEONS AND SUPPERS

SALADS.

Mrs. Norman Pool, Chairman.

All salad ingredients should be chilled and all salads should be served very cold—Green and fruit salads with French or cooked dressings are less fattening than meat and eggs or cheese salads with mayonnaise. The beaten white of egg added to mayonnaise makes it thicker but holds it longer and gives more mayonnaise. To marinate foods let stand in oil, vinegar, salt and pepper.

Miss M. P. Means.

TOMATO & CHICKEN LAYER SALAD.

Aspic Mixture

1 can tomatoes, 2 lbs.
2 tbls. gelatine.
3 cloves.
3 pepper corns.
1 medium sized onion (sliced).
2 t-spoons salt.
1 t-spoon sugar.
1 small bay leaf.

Cook above ingredients 20 minutes, then strain. Soak gelatine in a little cold water until soft, add this to the hot liquid and stir until dissolved. Divide the liquid into 2 equal parts; one-half goes on bottom, remainder on the top, chicken mixture between.

Chicken Mixture.

2 or 3 cups chicken (chopped fine).
4 tbls. mayonnaise.
Salt and pepper.
2 tbls. gelatine.

Add gelatine (which was put in a ¼ cup cold water and dissolved over hot water) to chicken, salt and pepper to taste; mix well together. Stir in mayonnaise last. Allow to cool. Use either a square mold or a pyrex bread pan. Pour ½ of tomato liquid into the mold and set aside to cool. When quite firm, spread the chicken mixture smoothly on top of it. Pour other half of tomato jelly on top and place in ice box, 3 or 4 hours. Remove from mold by placing hot towel around it or dipping into hot water a few seconds.

Courtesy Mrs. W. H. Kiser

LUNCHEON TABLE

Slice like brick ice cream and place over lettuce leaf, ½ tbls. mayonnaise on side. This amount serves 8.

Mrs. F. J. Massenburg.

CLAM SALAD.

Small Little Neck clams.
Head of lettuce.
Lemon juice.
White or red pepper.
Mayonnaise or tabasco sauce.

The very small neck clams may be served in a salad. Put them on crisp lettuce. Season with a little lemon juice and white or red pepper. Mayonnaise or tabasco sauce can be used.

Mrs. K. G. Hardin.

BOLIVIA SALAD.

1½ cups hard boiled potatoes (cubed).
3 hard boiled eggs.
½ tbls. chopped chives.
1½ tbls. finely chopped red peppers.

Mix thoroughly and pour over cream dressing, given below.

CREAM DRESSING.

¼ tbls. salt.
½ tbls. mustard.
¾ tbls. sugar.
1 egg slightly beaten.
2½ tbls. melted butter.
¾ cup cream.
¼ cup vinegar.

Mix ingredients in order given, adding very slowly. Cook over boiling water, stirring constantly until mixture thickens, strain and cool.

Mrs. D. F. Stevenson.

PINEAPPLE AND CUCUMBER ASPIC.

1 qt. cold water.
3 lemons.
1 can sliced pineapple (2 cups).
2 cups diced cucumbers.
1 box gelatine.
½ cup cold water.

Add juice from lemons to water; dice pineapple, peel and cut up cucumbers and add to lemon juice and water; sweeten with pineapple juice to taste. Dissolve gelatine in a little cold water and melt over hot water and add to mixture. Add a few drops of green vegetable coloring, pour in mold and let congeal. Serve on lettuce with mayonnaise.

Mrs. S. R. Dull.

WHIPPED CREAM SALAD.

½ lb. of marshmallows.
¼ lb. shelled and blanched almonds.
1 large can slice pineapple.

Cut each marshmallow in 4 pieces, dice pineapple and cut almonds in half. Mix above ingredients together.

DRESSING.

3 egg yolks.
1 pt. cream.
2 tbls. sugar.
4 tbls. vinegar.

Mix eggs, sugar and vinegar together. Cook in double boiler stirring gently until thick (about 7 minutes). Whip cream stiff and fold into this dressing. Then add to ingredients for salad by folding in very gently. This serves 10 people.

Mrs. Chas. F. Rice.

FROZEN PEAR SALAD.

1 can pears.
Lettuce.
Mayonnaise.

Pack 1 can of pears in a bucket with ice and salt; cover the top of the bucket. Let stand from 1½ to 2 hours and it should be frozen. Test by shaking can. When ready to serve cut the can around the center with can opener. Then slice the frozen block as you do brick cream. Serve on lettuce with mayonnaise. Grated pineapple also is delicious frozen this way.

Miss Martha Lawshe.

OYSTER SALAD.

1 pt. water.
2 slices lemon.
2 cloves.
1 tbls. vinegar.
A dash of salt.
2 or 3 dozen oysters.

Put all above ingredients in a sauce pan. Let simmer 5 minutes. Remove oysters, cool, place on lettuce. Sprinkle with finely chopped celery. Use mayonnaise.

Mrs. C. E. Cresse.

CUCUMBER ASPIC.

(serves 12).

4 cucumbers.
1 qt. stock (chicken preferred).
2 t-spoons salt.
½ t-spoon red pepper.
½ cup cold water.
2 t-spoons onion.
3 tbls. vinegar.
1 box gelatine.
Green vegetable coloring.

Moisten gelatine with one-half cup cold water; dissolve. Use chicken or veal stock, or dissolve three bouillon cubes in qt. hot water. Mix stock, seasoning, grated vegetables, gelatine and green coloring matter. Pour in mold and put on ice. Serve when firm with mayonnaise on lettuce. Any grated vegetables can be used, as celery, bell peppers etc.

Mrs. H. B. Rogers.

BANANA SALAD.

8 large ripe bananas.
1 small head lettuce.
Mayonnaise.
3 cups parched peanuts.

Hull peanuts, and grind fine. Peel the bananas and dip in mayonnaise. Roll them in ground peanuts. Serve with lettuce on individual salad plates.

Katrina Van Pool.

MOULDED SHRIMP SALAD.

2 cans shrimp.
1 can tomato soup.
Slice of onion.
Green pepper, cut fine.
2 tbls. gelatine.

Wash and clean shrimp, cut in small pieces. Heat soup with onion and green pepper to boiling point and boil 2 minutes. Soak gelatine in one-half cup cold water for 5 minutes. Soak in soup, add dissolved gelatine and shrimp. Pour into molds already rinsed in cold water. Chill on ice until thoroughly set. When ready to serve remove from molds and serve on lettuce leaf with mayonnaise.

Mrs. Edgar Barrett.

MARSHMALLOW SALAD.

½ lb. marshmallows.
1 lb. almonds.
1 lb. can pineapple.
3 egg yolks.
½ pt. cream.
½ t-spoon salt.
2½ tbls. vinegar.
½ tbls. butter.
1 tbls. sugar.

Blanche almonds; cut in small pieces. Cut marshmallows in quarters. Cut pineapple in small pieces. Mix together in bowl and let stand. Beat yolks of eggs lightly and add salt, vinegar, butter and sugar; boil till thick, stirring all the time. Remove from fire and when almost cold stir in the bowl of prepared marshmallows, almonds and pineapple. Put in cold place and just before serving fold in the half pint cream (previously whipped and on ice) serve on crisp lettuce leaves. This will serve 8 people.

Mrs. L. C. Matthews.

BAKED APPLE SALAD (A La PERLEE PLACE)

6 small uniform tart apples.
½ cup chopped peanuts.
1 cup cubed marshmallows.
Mayonnaise
Lettuce.
Currant jelly.

Core the apples and put them in a baking pan. Fill the centers with brown sugar and a lump of butter each. Bake as usual, basting them with a little hot water. Then chill. Mix together the peanuts, marshmallows and three fourths cup of mayonnaise, fill the centers, and the top with a little more mayonnaise and cubes of currant jelly. Serve garnished with lettuce hearts.

Mrs. T. F. Abercrombe.

CANDLE SALAD.

8 medium uniform bananas peeled.
8 slices pineapple.
4 medium sized green bell peppers.
8 red cherries or strawberries.
1 cup mayonnaise.
1 head lettuce.

Cut the green pepper into round rings after removing seed—then cut each ring in half. This is for handle on side of banana held there by 2 tooth picks. Place a lettuce leaf flat on plate, lay one slice of pineapple upon it—in center of pineapple stand upright

the banana (whole) after cutting a bit off each end. Stick the red cherry on top with tooth pick, fasten handle, place mayonnaise on side of lettuce leaf which is base of candle sticks.

If the banana is made to stand erect, in slice of pineapple with a red cherry or strawberry stuck on top and a handle of green pepper, a lighted candle is well represented.

Mrs. E. A. Stevens.

"AS YOU LIKE IT" SALAD.

8 tomatoes.
4 eggs.
Mayonnaise.
Lettuce.

Peel sound tomatoes, and scoop from stem end a part of center. Place them on ice and just before serving partly fill with mayonnaise. Press into each tomato ½ of hard boiled egg, letting the rounded top rise a little above the tomato. Serve on lettuce leaf.

Mrs. Norman Pool.

"THE MARION CLUB SALAD".

1 qt. cream.
1 qt. mayonnaise.
1 box gelatine.
¾ cups sugar.
1 t-spoon salt.
1 large can Royal Anne cherries.
2 large can pineapple sliced.
1 large grapefruit.
½ lb. blanched almonds.

Soak each envelope of gelatin in cup of pineapple juice 5 minutes; add one pint boiling water, sugar and set in cool place. Whip cream stiff, place on ice. Cut pineapple, grapefruit and almonds in small pieces, seed cherries. As soon as gelatine begins to congeal add in the following order cream, mayonnaise, cherries, pineapple and almonds. Last add grapefruit and salt. Put into mold size of teacup, to congeal. (Serves 20 people.)

Nelle Pilcher Koch.

FRUIT SALAD NO. 1.

1 can pineapple.
1 can white cherries.
1 cup cold water.
4 oranges.
1 pk. gelatine.
2 tbls. sugar.

Soak gelatine in cold water; dissolve over hot water; cut the fruit in small pieces, then pour over the fruit juices to which has been added the gelatine and sugar. Harden and serve.

Mrs. L. T. Patillo.

FRUIT SALAD No. 2.

Celery.
Apples.
Mayonnaise.
Seedless raisins.
Lettuce.

Equal parts of celery, apples and seedless raisins, chopped in small pieces. (Steam raisins until tender and let it cool before using) Combine, serve on lettuce with mayonnaise dressing.

MAYONNAISE.

4 egg yolks.
2 tbls. vinegar.
1 lemon (juice).
½ t-spoon salt.
Pinch cayenne pepper.
1 t-spoon dry mustard.
1½ pts. oil.

Have eggs and oil cold. Mix mustard, salt and pepper with eggs in bowl, stir well, add a few drops of vinegar, then a few drops of oil etc., alternating vinegar, oil and lemon juice, after oil is thoroughly blended, adding very slowly at first. You can then add it more rapidly until desired consistency. This should make one quart mayonnaise.

Mrs. Tull C. Waters.

FRUIT SALAD FOR SIXTEEN.

2 cans pineapple No. 2.
½ lb. pecan nut meats.
2 small bottles cherries.
Marshmallow 1/3 lb.
1 pkg. dates.
1 lb. malaga grapes.

Chop fruit and mix with whipped cream salad dressing.

Mrs. M. H. Stevens.

GINGER ALE SALAD NO. 1.

1 box gelatine.
1qt. ginger ale.
½ pt. boiling water.
1 cup cold water.
½ cup sugar.
½ cup lemon juice.
1 cup chopped apples.
1 cup chopped pineapple.
1 cup chopped celery.
1/8 lb. crystalized ginger.
½ t-spoon salt.

Soak gelatine in cold water then dissolve in boiling water. To this add sugar, ginger ale, lemon juice and salt and allow to cool. When the mixture begins to thicken stir in lightly chopped fruits; allow it to congeal. Serve on crisp lettuce with mayonnaise dressing.

Mrs. Jesse M. Manry.

GINGER ALE SALAD NO. 2.

1 pt. ginger ale.
Gelatine.
Lettuce.
White grapes.
English walnuts.
Canned peaches.

Make a quart of unflavored gelatine, using 1 pint of ginger ale in place of water. When it has begun to solidify pour enough of the mixture into individual molds to cover the bottoms. When it has stiffened add white grapes, which should be cut in halves and english walnuts. Then pour on the remaining gelatine, allow to stiffen. Serve on lettuce leaves and decorate with halved peaches.

Mrs. Edwin Beaver.

FROZEN FRUIT SALAD.

1 small can pears.
1 small can white cherries.
1 small can sliced pineapple.
½ cup mayonnaise.
1½ cups whipped cream.

Drain juice from fruit; cut into pieces pears and pineapple and stone the cherries. Add mayonnaise and whipped cream and freeze immediately. Serve on lettuce leaf with mayonnaise. Add nuts if desired.

Mrs. J. E. McRee, (The Daffodil).

FROZEN SALAD.

6 bananas.
2 cans pineapple No. 2.
4 lemons.
2 tbls. gelatine.
¾ cup sugar.
1pt. mayonnaise.
2 cups hot water.

Dissolve gelatine in cold water; add hot water, sugar and lemon juice. When half congealed, add cut up bananas, pineapple and mayonnaise, stir. Pack in ice and salt and leave until frozen.

Mrs. J. W. Hardwick.

COOKED OR CANNED PEAR SALAD.

1 can pears.
Chopped celery.
Walnut meats.
Whipped cream.
Mayonnaise.

Serve on individual plates; one half of large pear sprinkled with nuts, chopped celery and mayonnaise dressing to which has been added considerable rich whipped cream.

Miss Ella Shaunty.
Springfield, Ky.

VEGETABLE SALAD.

2 cups green or can peas.
2 cups diced potatoes.
1 cup diced carrots.
1 cup chopped celery.
1 t-spoon salt.
½ t-spoon paprika.

Mix and serve with cooked dressing on lettuce.

Mrs. T. L. Mudd.
St. Louis, Mo.

FRUIT SALAD.

½ pkg. gelatine.
1 cup maraschino cherries.
½ cup boiling water.
1 cup chopped pineapple.
1 cup sliced peaches.
Juice from fruit.

Dissolve gelatine in a little cold water. Add ½ cup boiling water and stir until dissolved. Add fruit and fruit juices. Put on ice to congeal. Serve on lettuce with mayonnaise or whipped cream.

Mrs. B. M. Boykin,
President Atlanta Woman's club.

ALLIGATOR PEAR SALAD.

(Ensalada de Agucate Mexicana)

2 alligator pears.
3 ripe tomatoes.
½ small onion.
1 cup olive oil.
1 cup apple vinegar.
2 tbls. french mustard.
1 t-spoon salt.
Grated cheese.

Peel and slice length wise the pears and tomatoes; add onion chopped fine. To vinegar, add mustard, salt, pepper; stir thoroughly then add olive oil. Pour this over pears and tomatoes, sprinkle grated cheese over top and serve cold.

Carmen M. De Rueda,
Calle Alvarado N. 11, Mexico City.

ENGLISH SALAD.

1 head lettuce.
4 cooked beets.
5 raw tomatoes.
3 cucumbers.
4 radishes.
Water cress.

Pull to pieces the head of lettuce. Peel and slice thinly beets, tomatoes, cucumbers, radishes and mix with the chopped water cress. Garnish with tomato and hard boiled egg. Serve with french dressing (not on the salad but in separate bowl).

Mrs. Bertram Ibbetson.

CUCUMBER SALAD.

6 cucumbers.
Olive oil.
Parsley.
Vinegar.
Salt and pepper.
Lettuce.

Peel cucumbers thinly, cut into thin slices, pour over 2 parts olive oil and 1 part vinegar, season with salt, pepper and a little chopped parsley, Mix well by tossing and set on ice before serving.

Mrs. John Walter Buckels,
Houston, Texas.

CHERRY SALAD.

1 can white cherries.
1 can sliced pineapple.
½ lb. blanched almonds.
Mayonnaise.

Remove seed from cherries and stuff with almonds; place a slice of pineapple on lettuce, cherries on top of pineapple; then mayonnaise

Mrs. O. J. Redwine.

GUACAMOLE.

2 alligator pears.
½ onion.
1 clove of garlic.
1 t-spoon olive oil.
1 pinch cayenne.
1 sweet pomegranate.

Mash pears and mix with crushed onions, Cayenne and garlic. Have all perfectly smooth, then stir in seeds of pomgranate. Serve cold.

Carmen M. De Rueda,
Calle Alvarado No. 11, Mexico City.

EASTER EGG SALAD.

Lettuce.
1 can pineaple.
Paprika.
Mayonnaise.
Maraschino cherries.
White pitted cherries.
Tokay grapes.
American or Cottage cheese.

On a crisp lettuce leaf, place a slice of pineapple. On this ar-

range a circle of mayonnaise, sprinkled with paprika. In the hollow formed by the mayonnaise place varicolored balls made of cherries, grapes, shaped cheese, nuts and etc., made into balls.

Mrs. J. F. Ryan.

ORANGE PEANUT SALAD.

1 banana.
2 oranges.
½ cup peanuts (shelled).

Remove the skin from banana, scrape and cut in quarters (lengthwise) and thirds (crosswise); roll in finely chopped peanuts. Peal oranges, cut in slices crosswise, cut out center of oranges, insert banana through each slice; arrange on lettuce leaf. Pour over French dressing.

Mrs. F. J. Massenburg.

FRUIT SALAD.

2 pkgs. lemon jello.
1 can pears.
1 can pineapple.
Mayonnaise.
Lettuce.

Follow directions on pkg. for mixing jello; when it begins to cool, put in cut pieces of pear and pineapple. When congealed serve with mayonnaise on lettuce.

Ida V. Sewell.

TOMATO AND EGG SALAD.

6 large cooked eggs.
½ cup melted butter.
Lettuce.
Tomatoes.

Chop eggs until fine, add melted butter and seasonings. Pack very tightly in a tumbler and chill. When ready to serve cut tomatoes in half inch slices. Remove eggs from glass and cut in half inch slices to correspond with tomato. Place slice of tomato, egg and top with another slice of tomato. Arrange on lettuce leaf and serve with mayonnaise.

Mrs. Edward Porter Van Valkenburgh,
Harper, Kansas.

NUT GELATINE SALAD.

1 pkg. gelatine.
1 cup broken walnut meats.
5 hard boiled eggs.
Salt and pepper.
1 can pimentos.
2 sweet pickles.
½ cup small pickled onions
¼ cup vinegar.

Soak gelatine in cold water; dissolve in one cup of boiling water. Then add nuts, eggs, pimentos, onions (all chopped fine) now add vinegar, salt pepper and paprika. Let stand until cold then stir in one cup of mayonnaise and chill in individual molds. Serve on lettuce with mayonnaise.

Mrs. Sydney Smith.

DELICIOUS SALAD.

2-lb. can sliced pineapple.
½ lb. white grapes.
1 dozen marshmallows.
1 cup nut meats, pecan.
1 bunch celery.
1 head lettuce.

Drain all juice from pineapple, place each slice on crisp lettuce. Cut grapes in halves removing seed, marshmallows in 4 pieces. Use only tender celery, cut in small pieces. Mix last 3 ingredients with nuts; place portion of mixture on each slice of pineapple and top with following dressing;

Dressing.

1 cup pineapple juice.
1 tbls. flour.
1 t-spoon sugar.
1 t-spoon lemon juice.
1 egg.
½ cup whipped cream.
¼ t-spoon salt.

Combine sugar, salt and flour; stir this in ½ pineapple juice until very smooth, add well beaten egg, lemon juice and remainder of pineapple juice. Cook in double boiler until thick. When cool beat in whipped cream until whole is perfectly smooth. Ingredients for salad may be prepared—but not mixed or dressing added until ready to serve.

Mrs. J. A. Carlisle,
Chairman Cook Book.

APPLE SALAD.

Apples.
Vegetable tablet of pink.
Chopped raisins.
Nuts.
Lettuce.
Cooked dressing.

Peel and core any number of apples, leaving them whole. Place in a pan, cover with boiling water. Let simmer until tender add the tablet of pink; when apples are well colored, remove to cool, then fill with chopped raisins and nuts. Serve on lettuce with dressing or with whipped cream as a desert.

Miss Ella Shaunty,
Springfield, Ky.

CUCUMBER BASKETS.

4 tbls olive oil.
8 tbls. vinegar.
Dash of pepper.
6 cucumbers.
6 ripe tomatoes.
Pinch of salt.

Select regular shaped cucumbers; cut a piece from both the stem and blossom end, then cut in halves crosswise, cut two pieces from each section, leaving remaining piece in shape of basket with handle. Remove pulp in large pieces to cut in squares for refilling ½ of each basket, the remaining half being filled with pieces of tomatoes. Pour over French dressing, serve cold.

Mrs. Samuel L. Dabney.

MARSHMALLOW SALAD.

½ lb. marshmallows.
1 large can pineapple.
1 cup broken pecan meats.

Mix and serve with the following sauce;
1½ tbls. flour cooked with 1 tbls. of butter. Blend well, add

one cup sweet cream cook until thick. Take from fire add 1 cup clabbered cream, juice 1 lemon, and pinch of salt. Serve on lettuce leaves.

Mrs. J. C. Tegder.

CHEESE GELATINE.

1½ pts. of cream whipped stiff.
1 cup grated American cheese.
1½ tbls. gelatine.
9 chopped olives.
3 minced pimentos.
Salt and pepper.
Mustard.

Soak gelatine and dissolve over hot water; add olives and pepper, also seasoning—when cool—add grated cheese and then fold in carefully the whipped cream. Let congeal. Serve individually with mayonnaise dressing.

Mrs. J. E. Hayes,
Pres. Ga. Federation of Women's Clubs.

PERFECTION SALAD.

1 envelope gelatine.
½ cup of cold water.
½ cup tarragon vinegar.
1 pt. boiling water.
1 tbls. salt.
1 cup cabbage.
Juice of 1 lemon.
½ cup of sugar.
2 cups chopped celery.
¼ can sweet red pepper.

Soak gelatine in cold water 5 minutes, add boiling water, vinegar, lemon juice, sugar, and salt. Strain and when beginning to set add remaining ingredients. Turn into a mold and chill. Serve on lettuce.

Mrs. Harry L. Wills.

JELLIED VEAL SALAD.

2 lbs, veal.
1 onion, chopped fine.
1 stalk celery, cut in small pieces.
3 sprigs parsley, cut up.
1 lemon (juice).
1 cup olives, chopped fine.
4 hard boiled eggs.
1 t-spoon salt.
¼ t-spoon pepper.
2 tbls. gelatine.

Boil veal till it falls from bone. Remove meat, add onion and celery to broth, cook a few minutes; strain stock. Soak gelatine a few minutes in half cup cold water, add to hot stock, then the lemon juice. Mix veal (cut up) eggs, olives and parsley, pour stock over mixture, mold in individual molds, serve on lettuce with cooked mayonnaise.

Mrs. T. L. Mudd,
St. Louis, Mo.

SHRIMP SALAD NO. 1.

1 pt. shrimp.
2 hard boiled eggs.
Ripe tomatoes.
Lettuce or watercress.
Mayonnaise.

If canned shrimp are used, they should be thoroughly washed

in cold water. Pull the shrimp to pieces. Place on sliced ripe tomatoes. Around this use sliced hard boiled eggs over lettuce or watercress, and cover with Durkees or mayonnaise dressing. Serve very cold.

Mrs. Kate Gramling Hardin.

SHRIMP SALAD NO. 2.

2 cups shrimp.
2 hard boiled eggs, sliced.
2 green peppers, cut in rings.
½ cup chopped celery.
½ cup mayonnaise.

Wash and prepare shrimp, rinse in clear cold water—then cut in halves—marinate in French dressing 20 minutes; then add celery and stir in the mayonnaise. Garnish with pepper rings and sliced boiled eggs. Serve on lettuce leaf.

Mrs. F. J. Massenburg.

SALAD a la RUSSE.

6 tomatoes.
1/3 cup cucumbers cut in dice.
¼ cup pickles finely chopped.
2 tbls. capers.
1/3 cup cold cooked peas.
½ cup cold cooked chicken.
Parsley.

Peel 6 tomatoes and remove thin slices from top of each. Take out seeds and pulp. Sprinkle inside with salt, invert and let stand ½ hour. Place seeds and pulp removed from tomatoes in a strainer and drain. Mix cucumbers, pickles, capers, peas, chicken, with 1/3 cup tomato pulp and season with salt, pepper and vinegar. Put in cheese cloth and squeeze; then add ½ cup cold cooked chicken cut in very small dice. Mix with mayonnaise dressing, refill tomatoes, sprinkle with finely chopped parsley, and place each on lettuce leaf.

Mrs. D. F. Stevenson.

COLD SLAW.

4 cups white cabbage.
2 tbls. sugar.
3 tbls. vinegar.
½ t-spoon salt.
Dash of pepper.
½ cup of evaporated cream.

Mix sugar and salt in cream, stir well; add vinegar and pepper, pour over finely shredded cabbage; set on ice until ready to serve.

Mrs. Wm. D. Alexander.

FRUIT SALAD OR ASPIC.

½ pkg. gelatine.
1 cup chopped pineapple.
1 cup maraschino cherries.
1 small can sliced peaches.

Dissolve gelatine, put in juice and fruit of cherries, pineapple and peaches. Let congeal and serve on lettuce with mayonnaise dressing.

Mrs. E. B. Havis, Jr.

GRAPEFRUIT AND PINEAPPLE ASPIC.

3 grapefruits.
1 can shredded pineapple.
2 envelopes gelatine.
½ cup sugar.

Peel grapefruit and remove white pulp, add pineapple and juice, also sugar. Dissolve gelatine in cold water, melt over hot water and add to fruits. Add enough water to make 1½ quarts of the mixture. Put on ice to congeal. Serve with mayonnaise.

Mrs. H. B. Rogers.

RAW CARROT SALAD.

2 cups carrots, peeled and run through large disc of meat grinder.
1 cup diced celery.
1 cup green beans cooked.
1 cup green peas or
1 cup lima beans cooked.
1 chopped green pepper.
1 finely minced onion.

Mix all together with fork, adding 2 teaspoons salt, 1 tbls. sugar, ¼ cup vinegar. Let stand one half hour to marinate, then stir, drain, and add one cup mayonnaise. Serve on lettuce.

Mrs. G. B. Denman.

ENGLISH WALNUT SALAD.

1 pt. English walnuts.
1 cup minced celery.
4 tbls. lemon juice.
1 cup chopped apples.
1 tbls. olive oil.
Mayonnaise.

Soak walnuts in lemon juice 30 minutes, drain, then mix with celery and apples. Pour over all the olive oil, let stand in ice box 2 hours. Serve on lettuce leaf with 1 t-spoon mayonnaise.

Mrs. F. J. Massenburg.

ORIENTAL SANDWICHES.

Chopped nuts.
Package of dates.
Grated cheese.
Butter.
Milk or cream.

Mix a cup of any kind of chopped nuts, package of dates, cup of grated cheese and butter, also a little milk or cream to soften mixture so as to spread nicely between thin slices of bread.

Mrs. E. O. Pritchard.

A DIFFERENT SANDWICH.

6 slices bacon.
2 tbls. relish.
(Heinz India).
2 hard boiled eggs.
1 tbls. mayonnaise.

Crisp bacon, mix with eggs chopped fine, stir in the relish, add mayonnaise. Spread rather thickly on thin slices of white bread.

Mrs. H. Wason.

HAM SANDWICH.

½ lb. boiled ham.
4 hard boiled eggs.
6 sweet pickles.
Mayonnaise.

Grind ham, eggs pickles through food chopper, add enough mayonnaise to moisten.

Mrs. Geo. W. Singer.

PRUNE SANDWICH.

Prunes.
Nuts (pecan).
Butter.
Lemon juice.
Salt.

Soak large prunes over night. Boil with very little sugar. Remove stones and run prunes and equal quantity of pecan nuts through meat grinder. Mix into a smooth paste with a pinch of salt a little butter and lemon juice. Spread on thin slices of whole wheat or white bread and trim into attractive shapes.

Mrs. J. F. Ryan.

CHICKEN SANDWICH.

1 cup chicken.
2 tbls. butter.
1 egg.
1 cup of celery.
4 tbls. mayonnaise.
Salt and pepper.

Put chicken through meat grinder, add egg hard boiled and mashed. Cut celery very fine, add with mayonnaise salt and pepper to mixture and stir well together, put melted butter on one slice of bread, and mayonnaise on the other. Spread mixture between slices and press together.

Mrs. J. A. Carlisle,
Cookbook Chairman.

RIBBON SANDWICH.

2 pkg. Phil. cream cheese.
¼ cup nut meats.
¼ cup seedless raisins.
2 sandwich loaves.
Dash of salt.
Red coloring.

Cream cheese with fork, add mayonnaise to thin; stir in a few drops of coloring, enough to make a clear pink, mix in finely chopped nut meats. Cut loaf lengthwise into 6 slices, spread thick with cheese filling to make one layer of white and one layer of pink. Wrap in wet napkin, leave in ice box one hour. Take out and slice in ¼ inch slices.

Mrs. Walter Marshall.

RAISIN SANDWICH.

½ lb. seedless raisins.
Allspice.
Sweet cream.
Bread.
Butter.

Grind raisins, season with allspice, thin with cream. Butter slices of bread, then fill with raisin mixture.

Mrs. Harry Reynolds.

CUCUMBER SANDWICH.

2 cucumbers.
1 small onion.
1 slice of bacon.
Salt, pepper.
Paprika.
Bread.

Grind and drain. Spread bread with mayonnaise then fill with mixture. Cut bread in thin oblong slices.

Mrs. Walter Marshall.

ROLLED SANDWICH.

1 loaf fresh bread.
6 dill pickles.
Half lb. boiled ham.
1½ cups mayonnaise.
Dash of cayenne.
Pinch of salt.

Cut perfectly fresh sandwich loaf into six slices, lengthwise of the loaf. Grind boiled ham fine, mix with mayonnaise and season. Spread each slice of bread with ham mixture, lay pickle on one end and roll. Wrap in wet napkin and put in refrigerator over night. Next morning cut into one-fourth inch slices crosswise. This makes a round sandwich, with a round pickle for center.

Mrs. Tom Branch.

SARDINE SANDWICH.

1 box American sardines.
1 lemon.
2 tbls. butter.
Salt and red pepper.

Free the sardines from skin and bones; chop to a fine paste, add lemon juice and seasoning, and lastly melted butter. Spread between wafers or thin slices of bread and butter. This makes 20 sandwiches.

Mrs. A. O. Woodward.

PIMENTO SANDWICH.

1 pkg. cream cheese.
2 tbls. sweet cream.
1 tbls. pimento.
1 tbls. nuts.

Mix all ingredients and spread between thin slices of bread.

Mrs. Edwin Beaver.

ORANGE HONEY SANDWICHES.

Bread and butter.
1 cup sugar.
¼ cup water.
½ cup orange peel.
½ cup orange juice.
½ t-spoon vanilla.

Chop orange peel fine; bring sugar, orange juice and water to a boil and cook until syrup will thread when dropped from end of a spoon. Add orange peel and vanilla, bring again to the boiling point and cool. Spread sparingly white bread cut in thin slices, with creamed butter and the orange honey. Put together in sandwich form, remove crusts, and cut in finger-shaped pieces. Pile in log-cabin fashion, on dainty doily-covered plate.

Mrs. Newton C. Wing.

SALAD DRESSING.

2 eggs.
1 tbls. mustard.
½ t-spoon salt.
3 tbls. vinegar.
1 tbls. sugar.
1 cup of whipped cream.
Butter size of an egg.

Beat eggs, add mustard, salt, pepper, butter and vinegar. Boil, stirring until thick and smooth. Add cup of whipped cream. Mix thoroughly.

Mrs. W. Frank Daub.

DRESSING FOR LETTUCE.

2 t-spoons sugar.
1 t-spoon salt.
2 t-spoon white pepper.
1 heaping t-spoon paprika.
2 t-spoons Worcester sauce.
1 tbls. prepared mustard.
1 tbls. vinegar or lemon juice.
4 tbls. oil.

Mix well. Will be thick.

Mrs. Wm. L. Percy.

CREOLE SAUCE.

6 green peppers.
6 sprigs of celery.
2 small onions.
1 can mushrooms.
1 can peas.
1 can tomatoes.
½ lb. butter or 1 pt. of oil.
1 t-spoon sugar.
1 t-spoon salt.
Pinch of red pepper.

Put peppers, celery and onions through meat grinder, add other ingredients and cook slowly, down to half the quantity. Thicken with a little flour.

Mrs. J. H. Zachry.

COOKED SALAD DRESSING.

Yolk 1 egg (well beaten).
1 t-spoon sugar.
1 t-spoon salt.
1 t-spoon mustard.
1 t-spoon chopped parsley.
8 tbls. vinegar.
1 boiled egg.

Cook in double boiler until mixture thickens, stirring constantly. Thin with milk or cream. Add boiled egg, chopped fine, before serving.

Mrs. J. C. Duggan.

MAYONNAISE DRESSING.

1 t-spoon mustard.
1 t-spoon salt.
1 t-spoon sugar.
1½ cups oil.
Few grains cayenne.
Yolks of 2 eggs.
2 tbls. lemon juice or 1 tbls. vinegar.
1 extra t-spoon vinegar, put in immediately after breaking yolks.

Mix salt, sugar, pepper and mustard thoroughly, then add yolks. Beat with dover egg-beater, add vinegar, then oil, drop by drop and beat until very thick. Add lemon juice to thin mixture, alternate until all is used.

Mrs. Horace J. Pope.

THOUSAND ISLE DRESSING. I.

1 t-spoon chopped onion.
1 t-spoon chopped dill pickle.
1 t-spoon chopped parsley.
1 cup stiff mayonnaise.
2 tbls. chili sauce.
½ t-spoon worchester sauce.
1 t-spoon chopped pimento.
1 t-spoon chopped cucumber.
1 t-spoon chopped beets.
1 hard boiled egg, chopped fine.

Mix all together; add mayonnaise dressing. If higher season is liked, add a little tobasco. Serve on head lettuce.

Mrs. Carlisle Smith.

HOLLANDAISE DRESSING.

4 tbls. olive oil.
4 egg yolks.
1½ tbls. lemon juice.
½ t-spoon salt.
1/10 t-spoon cayenne pepper.
1 cup hot water.

Put oil in double boiler, add beaten yolks of eggs, and seasoning. Beat together, then add slowly the hot water, stirring constantly until it thickens, but do not boil. Remove from the fire and continue to stir for a few minutes. It should be creamy and consistent.

Mrs. S. L. Dabney.

WHIP CREAM FRUIT SALAD DRESSING.

1 heaping tbls. butter.
1 tbls. flour.
½ t-spoon salt.
1 t-spoon sugar.
Pinch of mustard.
½ cup scalded milk.
3 tbls. vinegar.
2 egg yolks.
½ pt. whipped cream.

Cream butter and dry ingredients and beat in egg yolk, add scalded milk slowly, and then vinegar. Cook slowly stirring constantly until thickens. Put in deep bowl and beat until creamy with fork.

This will keep indefinitely.

When ready to serve whip ½ pint cream and add 3 tbls. dressing, beating it in well. Excellent on any combination of fruit.

Mrs. M. H. Stevens.

SLAW DRESSING.

1 cup vinegar.
1 t-spoon flour.
1 t-spoon butter.
1 small t-spoon mustard.
1 egg yolk.
2 t-spoon sugar.
1 t-spoon salt.
Pinch of cayenne pepper.

Cream butter and all dry ingredients except sugar, then add egg yolk. Gradually beat in vinegar, cook in double boiler until thick. When cool add sugar.

Mrs. W. L. Northern,
Norfolk, Va.

EGGLESS BOILED SALAD DRESSING.

¾ t-spoon mustard.
1 t-spoon salt.
1/8 t-spoon pepper.
3 tbls. vinegar.
¼ t-spoon celery salt.
1 tbls. flour.
1 tbls. sugar.
1 cup cream.

Mix dry ingredients and add cream. When smooth turn in boiling vinegar and cook until creamed. If inconvenient to use cream, ¾ cup milk and 1/4 tbls. melted butter may be used.

Mrs. T. F. Abercrombie.

MAYONNAISE.

1 pt. can Wesson oil (chilled).
2 egg yolks.
½ t-spoon salt.
¼ t-spoon red pepper.
½ lemon (juice).

Break eggs in bowl add salt and pepper. Add oil slowly until 1 cup has been used, have the juice of one lemon ready and add half. Continue whipping with fork adding oil and lemon until right consistency.

This keeps splendidly if put in fruit jar and kept in ice box.

Mrs. J. M. Manry.

THOUSAND ISLE DRESSING . II.

2 cups mayonnaise.
1 small bottle chili sauce.
3 hard boiled egss.
3 pimentos.
1 small onion.
1 large green pepper.
½ t-spoon salt.
Dash of red pepper.
½ t-spoon paprika.
½ cup grated cheese.

Mash eggs fine and stir part of mayonnaise into mixture. Put other ingredients through meat grinder, or chop very fine. Stir in rest of mayonnaise. Serve on lettuce or tomatoes.

Mrs. D. J. Jones.

ITALIAN DRESSING.

1 t-spoon tomato ketchup.
½ t-spoon paprika.
½ t-spoon salt.
Pinch of dry mustard.
4 tbls. olive oil.
1 tbls. lemon juice.
½ t-spoon onion juice.
2 tbls. capers.

Put all together in a cruet and shake until they mix.

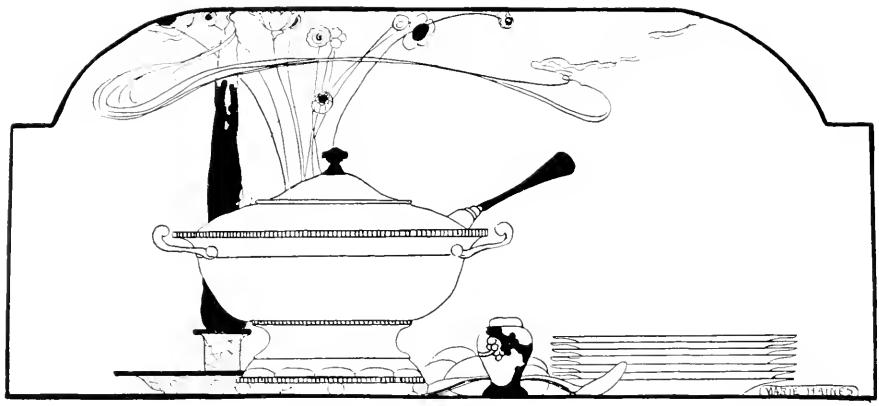
Mrs. Norman Pool.

ROQUEFORT DRESSING.

6 tbls. roquefort cheese.
1½ tbls. dry mustard.
¼ t-spoon salt.
¼ t-spoon pepper.
¼ t-spoon paprika.
1 tbls. vinegar.
¼ cup salad oil.

Cream cheese and olive oil, add seasoning. When smooth and thick, add 1 t-spoon Worcester sauce.

Mrs. T. D. Body.



CHAFING DISH SUGGESTIONS.

Mrs. Charles F. Evans.

Chairman.

"The merry chafing-dish bring forth,
Place in a lump of butter
Of quality and best renown,
And at expense don't mutter.

Of mushrooms now, take teacups two,
Cut fine, and gently simmer;
Ten minutes just about will do—
Don't scorch, or you're a sinner.

Of strained tomatoes use a cup,
A quarter one of cheese;
Stir constantly with no let up;
Add pepper, if you please.

Two eggs you next must briskly beat,
And smoothly make all leaven;
Pour over toast—then quickly eat
And dream you are in Heaven!"

CRAB MEAT.

1 can, (large) Japanese crab.
1 can, (small) pimentos.
1 large cup chopped cheese, (American).
1 can (large) evaporated cream
2 eggs.

Place butter, size of an egg, in chafing dish. Put in crab meat, remove bones as it heats. Add cheese and pimentos. When cheese melts add milk and eggs beaten together. Salt and red pepper to taste. When cream sauce thickens serve at once.

Palmer Johnson.

OLIVE STUFFED EGGS.

(In cream sauce).

4 eggs hard boiled.
¾ cup ripe olives.
2 tbls. butter.
3 tbls. flour.
¼ t-spoon curry powder.
½ t-spoon salt.
1/8 t-spoon pepper.
1½ cups milk.

Cut eggs in halves and remove yolks. Stone olives and chop one-fourth of them very fine. Mix these with the yolks, season, and refill whites with mixture. Chill thoroughly, cut in slices. Melt the butter in chafing dish, add dry ingredients, then the milk, and stir constantly until it boils. Arrange the slices of eggs on hot buttered toast, pour cream sauce over and serve.

Mrs. Howard H. McCall.
State Chair. Georgia Federation of Woman's Clubs.

RED DEVIL.

(For The Chafing Dish).

¾ lb. American cheese.
1 can tomato or tomato-okra soup.
½ t-spoon dry mustard.

Dice the cheese, melt in chafing dish over boiling water and stir until cheese is smooth Add the soup and mustard, stirring until thoroughly mixed. Sprinkle with paprika and serve on rounds of hot toast.

Mr. Newton C. Wing.

FIG CUPS.

½ lb. dried washed figs.
½ lb chopped salted almonds.
½ cup wine.
2 tbls. sugar.
1 t-spoon lemon juice.
Lady fingers.

Stuff figs with almonds. Put sugar, lemon juice and wine in chafing dish and when hot add stuffed figs. Cover and cook until figs are tender. Serve with lady fingers.

Mrs. D. J. Jones.

WOODCHUCK.

1 pt. milk.
6 tbls. flour.
4 tbls. butter.
3 hard boiled eggs.
1 t-spoon salt.
1 t-spoon mustard.
½ t-spoon paprika.
1 cup cheese, (Amer.).

Cream flour and butter together in chafing-dish set over hot water; when bubbling mix in milk gradually. When smooth, season with salt, mustard, and paprika. Add cheese cut in small cubes. When thoroughly melted, add eggs sliced. (Enough for 8 people.)

Mrs. E. L. Harris.
Chattanooga, Tenn.

CHICKEN ALMOND.

1 cold boiled chicken.
½ lb. blanched almonds.
1 small stalk celery.
1 small can mushrooms.
1/8 lb. butter.

Put butter in chafing-dish, add chopped celery and almonds. When celery is cooked tender add chicken and mushrooms also chopped. Add 1 cup water in which chicken was boiled, 2 cups if small. Add 2 t-spoons Worcester sauce. Season with salt and red pepper. Serve soon as thoroughly hot.

Palmer Johnson.

ENGLISH MONKEY.

½ cup grated cheese.
1 cup grated bread crumbs.
1 cup milk.
1 tbls. butter.
½ t-spoon salt.
Pinch of cayenne.
1 egg.

Stir butter and cheese together until melted; add bread crumbs, milk and beaten egg; season and cook till thick and creamy. Serve on buttered rounds of toast or saltines.

Mrs. E. L. Harris,
Chattanooga, Tenn.

HOT STUFF.

1 can tomato soup.
1 onion (small).
1 cup Amer. cheese (grated).
4 eggs.
Red pepper to taste.

Slice and par-boil the onions. Let soup come to a boil, add the onion and cup of grated cheese. Beat the yolks and whites of the eggs separately; mix and fold into the boiling soup and cook 1 minute. Serve on toast.

Mrs. J. E. McRee, (The Daffodil).

SCOTCH WOODCOCK.

1 small onion.
1 can tomatoes.
1 tbls. butter.
2 eggs.
2 dozen saltines.

Slice and fry the onion slowly in butter, add tomatoes. Heat thoroughly and add the eggs beaten. Serve on saltines.

Mrs. E. L. Harris.

CHICKEN A LA KING.

1 small can pimentos.
2 cups diced chicken.
1 small can button mushrooms.

Make a cream sauce, then add pimentos drained, mushrooms and chicken. Salt and pepper to taste. Serve on toast.

Mrs. E. H. Sims.

ITALIAN MACARONI.

1 can tomato soup.
1 cup grated cheese, (Amer).
1 can mushrooms.
2 cups cooked macaroni.

Melt cheese, stir in soup gradually. Put chopped mushrooms in, then macaroni. Season highly with red pepper, paprika, salt. Serve on crackers after cooked down.

Mrs. Carroll McGaughey.

PIGS IN BLANKETS.

Dry large fat oysters on a cloth, roll around each one a very thin slice of bacon and skewer with new tooth-picks. Fry in greased chafing-dish. Serve on rounds of toast.

Mrs. C. E. Cresse.

WELSH RAREBIT.

1 tbls. butter.
1 t-spoon corn starch.
½ cup thin cream.
½ lb. soft mild cheese, (cut in small pieces).
¼ t-spoon mustard.
Few grains cayenne.

Put butter in chafing-dish and when melted add corn starch and stir until well mixed, then add cream gradually while stirring constantly, and cook two minutes. Add cheese and stir until cheese is melted. Serve with crackers.

Mrs. D. J. Jones.

WELSH RAREBIT.

½ cup milk.
2 cups grated American cheese.
1 t-spoon mustard.
¼ t-spoon salt.
½ t-spoon paprika.
2 eggs.

Put milk in sauce pan and set over fire. When hot add cheese and stir until it melts. Add quickly mustard, salt, paprika and eggs well beaten. Stir until mixture begins to thicken. Pour over toast and serve at once.

Mrs. Carroll McGaughey.

CHEESE DISH.

2 eggs.
1 cup of milk.
1 cup fresh bread crumbs.
2 cups grated Amer. cheese.
1 t-spoon dry mustard.
1 tbls. butter.
A pinch of salt and paprika.

Place butter in blazer of chafing-dish. When hot add milk, bread crumbs, cheese, paprika and salt. Stir constantly and when well blended add two well beaten eggs. Cook one minute and serve at once on hot crackers.

Mrs. George Rice,
New Orleans, La.

LOBSTER NEWBERG.

1 boiled lobster.
Large lump butter.
Yolks 3 eggs.
1 gill sherry.
1 pt. cream.

Put lobster in chafing-dish with butter, stir gently until butter is melted and lobster heated through. Mix sherry with cream and egg yolks—first blending latter with enough cream to make thick as mayonnaise. Pour mixture into the chafing-dish over the lobster. Let simmer a moment, then pour sherry or bevo over the whole and serve hot.

Mrs. Newton C. Wing.

CHEESE FONDUE.

1 cup milk.
2 eggs.
1 t-spoon butter.
1 t-spoon flour.
American cheese.

Rub butter and flour together, melt, and add milk and beaten eggs. Cook in upper part of chafing-dish over boiling water until thick. For each cup of sauce add a cup of grated cheese and cook just a moment. Pour on to rounds of toast.

Mrs. J. E. McRee, (The Daffodil.)

SCRAMBLED EGGS WITH CALF'S BRAINS.

4 eggs.
½ t-spoon salt.
2 tbls. butter.
½ cup milk.
1/3 t-spoon pepper.
1 calf's brain.

Par-boil calf's brain and cut in small pieces. Beat eggs slightly using silver fork; add salt, pepper, milk and calf's brains. Place butter in hot chafing dish and when melted pour in the mixture. Cook until creamy and constantly stir and scrape the bottom of pan.

To prepare calf's brains: Soak one hour in cold water to cover. Remove membrane, and par-boil 20 minutes in boiling salted, acidulated water. Drain, put on cold water; as soon as cold, drain again, and separate in small pieces.

Mrs. D. F. Stevenson.

CREAMED OYSTERS.

1 pt. oysters.
1 tbls. butter.
1 rounded tbls. flour.
2 cups milk.

Melt butter, put flour in butter and when thoroughly blended add liquor from oysters and milk. Let cook until thick and then add oysters. Salt and pepper to taste. Serve on toast.

Mrs. E. H. Sims.

LOBSTER A LA NEWBERG.

3 eggs.
1 gill of wine.
½ pt. cream.
1 tbls. butter.

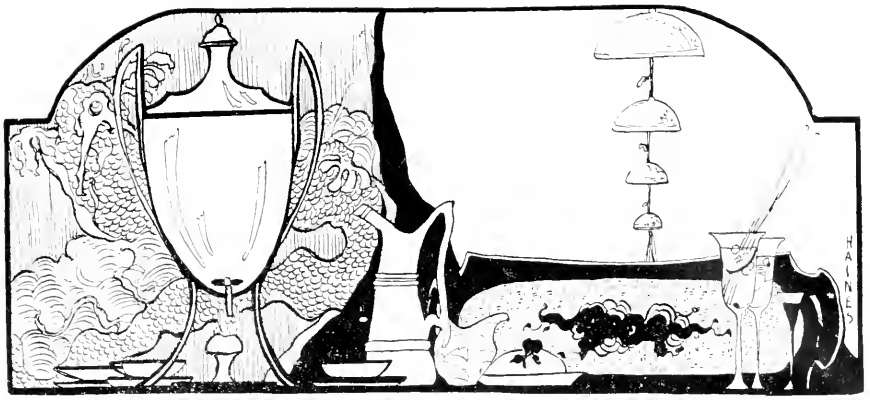
Cut lobster in small pieces, put in chafing-dish with butter, season to taste with salt and pepper. Pour wine over this and cook ten minutes. Add beaten yolks of eggs and the cream and then let all come to a boil.

Mrs. H. E. West.

OYSTERS A LA D'UXELLES.

1 pt. oysters.
2 tbls. chopped mushrooms.
2 tbls. butter.
2 tbls. flour.
½ t-spoon salt.
½ t-spoon lemon juice.
Few grains cayenne.
1 egg yolk.

Clean oysters, heat to boiling point and drain. Reserve liquor and strain through double thickness of cheesecloth; there should be ¾ cup. Cook butter and mushrooms 5 minutes, add flour and oyster liquor gradually, then cook 3 minutes. Add seasonings, oysters, egg. Serve on crackers or pieces of toasted bread. One tbls. of sherry wine may be added. Mrs. D. F. Stevenson.



BEVERAGES.

Mrs. A. C. Plage-Chairman.

Beverages have little food value with the exception of milk and cocoa and are used chiefly as regulators of body temperature, and to introduce water into the system. Tea and coffee should never be used by anyone under twenty-five years of age except by a doctor's prescription. Cocoa is a mild stimulant also and should not be given regularly to children.

Mary P. Means.

DELICIOUS ICED TEA.

1 qt. strong tea.
1 qt. mineral water.
1 dozen lemons.
1 cup (or more) sugar.

Mrs. Hugh Willet,
State Chairman Tallulah Falls School.

NORMAN PUNCH.

12 lemons.
6 oranges.
12 limes.
4 cups cold water.
1 qt. sugar syrup.
2 cups strong tea.
8 cups sweet cider.

Extract juice from fruit. Make sugar syrup by boiling 4 lbs. sugar in 4 cups water until sugar is thoroughly dissolved. Stir all ingredients well and when ready to serve, add slices of pineapple and orange, strawberries in season and a few mint leaves. This recipe will fill about 50 small punch glasses.

Mrs. Walter S. Campbell.

GRAPE JUICE.

To one gallon of grapes after freed from stem and washed add 3 pts. water. Let come to boiling point and boil two minutes. Strain through cloth and sweeten to taste, return to fire and boil five minutes. Strain again. Put in bottles and seal immediately.

Mrs. G. C. Chick,
Lexington, Ky.

A REFRESHING DRINK.

½ glass orange juice.
Sugar to taste.
1 t-spoon ginger ale.
Crushed ice.

Mrs. LeRoy Rogers.

CHOCOLATE MILK FLOAT.

1 glass milk.
Chocolate sauce.
Vanilla ice cream.

Combine milk and chocolate sauce, add spoonful of ice cream to each glass and shake well.

Mrs. Alec Halstead.

EGG NOG.

5 eggs.
1 pt. cream.
4 tbls. sugar.
1 t-spoon vanilla.

Beat eggs separately. Whip cream stiff and combine with egg yolks, folding in whites last. Serves 8 people.

Mrs. Walter S. Campbell.

FRUIT PUNCH.

1 can grated pineapple.
10 oranges, (juice).
1 cup tea.
1 gal. ice water.
3 cups sugar syrup.
3 cups hot water.
6 lemons, (juice).
1 qt. strawberry or white grape juice.

Combine mixtures and place on ice. Add ice water and garnish with strawberries and mint leaves.

Mrs. D. F. Stevenson.

RASPBERRY SHRUB.

3 qts. raspberries.
2 cups sugar to each pint of juice.
1 qt. mild vinegar.

Pour vinegar over raspberries and let stand over night. Drain through double thickness of cheesecloth. Measure juice and to each pint allow 2 cups sugar. Boil 30 minutes. Pour into jars or bottles when cold.

Mrs. Clyde Allison Stevenson.

FRUIT PUNCH.

6 dozen lemons.
¼ lb. tea.
3 cans grated pineapple.
6 cups water.
8 cups sugar.
1 dozen oranges.
Cherries to suit.
3 gals. water or 4 qts. ginger ale.

Heat sugar with water until thoroughly dissolved. Add plain water to tea. Mix in fruit and juices. Serves 125 people.

Mrs. Jack Branch.

HOT CHOCOLATE.

1½ squares chocolate.
Pinch salt.
3 cups milk.
5 t-spoon sugar.
1 cup boiling water.
½ t-spoon vanilla.

Melt chocolate over hot water. Add sugar, salt and boiling water. When smooth, add heated milk and cook 10 minutes. Then beat with dover egg beater and flavor. Top with whipped cream.

Mrs. A. C. Plage,
Beverage Chairman.

ELDER FLOWER BEVERAGE.

1 qt. Elder flowers.
3 gals. water.
9 lbs. sugar.
3 lbs. seeded raisins.

Pick flowers from stems, add sugar to water and boil, and pour over flowers. Dissolve 2 yeast cakes in luke warm water. Stir night and morning for 7 days, add raisins seeded and chopped, after which stir once a day for 10 days. Strain and bottle, being careful not to cork tightly until fermentation ceases. A tested and tried recipe many years old.

Mrs. A. McD. Wilson, Pres. Gen. of Southern Confed. Mem. Assn.

ICED MILK CHOCOLATE.

½ cup sugar.
2 tbls. cocoa.
½ pt. boiling water.
¼ t-spoon salt.

Mix cocoa and sugar, add water, boil 3 minutes, add salt. This makes a rich smooth paste. Place 3 tbls. in a glass, fill with 2/3 milk and 1/3 water and crushed ice.

Mrs. Arthur W. Chase.

CLUB PUNCH.

1 gal. ginger ale.
1 qt. brick orange ice.

Put ginger ale in punch bowl with orange ice and dip up some of the orange ice with each glassful of ginger ale.

Mrs. Jack Cornell,
Buffalo, N. Y.

ORIENTAL PUNCH.

1½ cups orange juice.
½ cup lemon juice.
1 cup sugar.
1 cup water.
Preserved ginger, (size of walnut).
6 cloves.
1 inch stick cinnamon.
Fresh mint leaves.
1 drop oil of peppermint.
Green coloring.

Boil together for five minutes the sugar, water, cloves, cinnamon, and ginger Cool, add fruit juices, strain, add coloring, and peppermint. Let stand one hour in covered dish, then pour over large cake of ice in punch bowl, and garnish with mint leaves.

Mrs. Newton C. Wing.

ICED TEA.

1 gal. tea.
1 lemon.
½ bottle ginger ale.
1 orange.
1 lime.

Mrs. A. L. Milligan.

FOR A SUMMER DRAUGHT.

Juice 1 lemon.
Sugar to taste.
1 cup cold water.
½ t-spoon carbonate of soda.

When well mixed put in the soda, stir well and drink while effervescing.

Mrs. C. J. Stovel.

STRAWBERRY WATER.

1 cup strawberries.
1½ pt. cold water.
½ lb. pulverized sugar.
Juice 1 lemon.

Crush berrries and add rest of mixture, pouring through fine sieve. Ice.

Mrs. Shelley Newman.

GINGER ALE FRUIT PUNCH.

1 cup sugar.
¾ cup orange juice.
2 cups ginger ale.
¾ cup hot tea.
¼ cup lemon juice.
2 cups charged water.

Mix cup sugar with hot tea. Stir until sugar is dissolved. Add orange juice, lemon juice and a few thin slices of orange and banana. Pour into punch bowl over large square of ice and just before serving add ginger ale and charged water.

Mrs. D. F. Stevenson.

GRAPE JUICE.

10 lbs. nearly ripe grapes.
Sugar.
3 cups water.

Mash grapes and put to boil with water. Simmer until seeds and pulp separate, then strain in jelly bag. Do not mash as this will cause juice to become muddy. To each pint of juice add ¼ cup sugar. Boil and skim. In 5 min. put in bottles that have stood in hot water. Cork and keep in cool dry place.

Mrs. James Wilson.

MINT ALE.

Juice of 5 lemons.
2 bottles ginger ale.
1½ cups sugar.
6 stalks mint.

Mrs. C. J. Stovel.

FRUIT PUNCH.

2 qts. tea.
Juice of 3 lemons.
1 bottle ginger ale.
Sweeten to taste.
Juice of 3 oranges.
Juice from 1 can pineapple.
1 pt. White Rock.

Mrs. Geo. Alden Wight.

GINGER ALE PUNCH.

1½ cups sugar.
1 pt. grape juice.
1 qt. ginger ale.
Juice of 4 lemons.
2 qts. water.

Make syrup by boiling sugar and water together for 10 min. Add remainder water and lemon juice. Add grape juice and just before serving, the ginger ale. Makes 2 gallons.

Mrs. J. Edward Ball,
East Lake.

A DELICIOUS ICED TEA.

6 t-spoons tea.
1 qt. boiling water.
Juice of 12 lemons.
1 qt. White Rock.

Pour boiling water over tea, steep 10 min. Strain and sweeten Add lemon juice and carbonated water just before serving.

Mrs. Emily McDougall.

CLEAR PUNCH.

1 qt. cold tea.
Juice 6 oranges.
1 qt. water.
Juice 12 lemons.
1 large can pineapple.
Sweeten to taste.

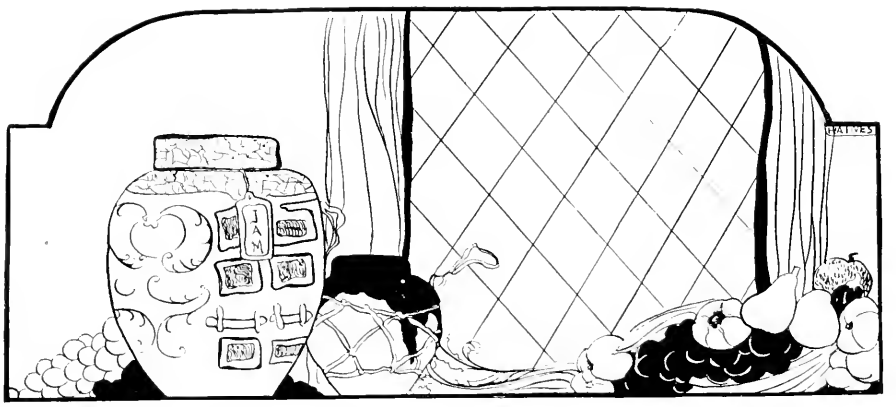
Just before serving, add 3 pints ginger ale.

Mrs. R. F. McCormack,
President, Parent Teachers Assn.

BLACKBERRY BEVERAGE.

Mash any quantity of blackberries. Cover with boiling water and let stand 24 hours. Strain. To every gallon of juice add 3 lbs. sugar. Put in bottles with 1 raisin to each quart. Cover with white cloth and change cloth each morning for nine days, keeping the bottles overflowing by filling them each morning from an extra bottle of juice saved for this purpose. Cork gradually.

Mrs. Arthur Stitt.



PICKLES.

Mrs. J. L. Minsen-Chairman.

CHOW-CHOW.

(Superior English recipe over 100 years old.)

2 qts. small white onions.
1 qt. small cucumbers.
2 qts. tender string beans.
3 qts. tomatoes.
2 heads cauliflower.
2 heads white cabbage.
2/3 cup ground mustard.
6 red peppers.
4 tbls. mustard seed.
1 oz. tumeric.
2 tbls. celery seed.
2 tbls. each allspice and cloves.
1 cup sugar.

Cut beans in halves. Slice and chop coarsely the tomatoes Cut cauliflower into small pieces. Mix and place in stone jar sprinkling a small amount of salt over vegetables. Stand 24 hours Drain off well all brine. Place vegetables in preserving kettle over fire. Stir in tumeric for coloring. Add peppers, (chopped coarsely), sugar, mustard, celery seed and spices. Cover with best cider vinegar. Cook slowly, stirring constantly until all vegetables are tender. Seal hot in glass jars.

Mrs. J. P. Snelgrove.

TOMATO CHOW-CHOW. NO. 1.

1 gal. large green tomatoes.
1 doz. large onions.
1 lemon, (sliced).
3 cups sugar.
4 pods red pepper, (sliced).
2 tbls. whole black pepper.
2 tbls. whole cloves.
2 tbls. whole allspice.
3 tbls. celery seed.
3 tbls. mustard seed.
3 t-spoons anise or corander seed.
1 t-spoon horse radish.
1 t-spoon ground mustard.

Wash and slice tomatoes and onions thin. Sprinkle over them a cup of salt. Put into stone jar or enamel vessel. Cover and let stand over night. Next morning, wash well with cold water and drain. Put a gallon of pure apple vinegar into a porcelain kettle.

Set over fire and add seasonings. Stir mixture well and when hot add tomatoes and onions sliced. Cook all together for half hour or until tender. Stir gently at intervals to prevent burning. Seal hot.

Mrs. J. L. Williams.

CHOW-CHOW NO. 2.

3 qts. onions.
3 qts. cabbage.
3 tbls tumeric.
1 qt. red bell pepper.
1 to 3 bunches celery.
1 gal. white vinegar.
3 qts. tomatoes, (green).
3 qts. green bell peppers.
4 lbs. sugar.
13 doz. pickled cucumbers.
6 tbls. mustard.
1 cup flour.

Shred vegetables and pack in salt over night. Drain off water before cooking. Make a paste of sugar, flour, vinegar and seasonings. Then put in vegetables. Let come to boil and seal in glass jars.

Mrs. W. W. Berly,
South Carolina.

PICCALILI OR CHOW-CHOW NO. 3.

(Awarded first prize at Southeastern Fair)

1 pk. green tomatoes.
1 pt. salt.
6 onions.
6 green peppers.
2 qts. white cabbage, (ground fine).
1 bunch celery.
1 tbls. ground cloves.
1 tbls. ground allspice.
1 cup brown sugar.
1 cup grated horseradish.
½ pt. white mustard seed.
Little red pepper, if desired.

Slice tomatoes and cover with salt over night. Drain well and chop with onions and peppers. Add cabbage, celery, (cut fine) the pepper if desired. (Celery and cabbage may be omitted) Cook a little at a time long enough to scald in weak vinegar (one-part vinegar to two of water). Add other ingredients. Mix well. Fill jars nearly full of mixture. Fill to over-flow with hot apple vinegar, and seal. Vinegar may be added to mixture before filling jars.

Mrs. A. O. Woodward,—Ex-Chairman, Home Econ.

VERY FINE CHOW-CHOW NO. 4.

(Old Recipe)

½ pk. green tomatoes.
2 medium size cabbages.
25 cucumbers, (medium size).
15 onions, (medium size).
½ pt. white mustard seed.
1 oz. seed or 2 bunches fresh celery (fresh being more desirable than the seed).
½ cup tumeric powder.
1 wine glass each, spice cloves, cinnamon.
½ nutmeg.
1 tbls. black pepper.
1/8 t-spoon red pepper.
1 gal. vinegar.
2 lbs. sugar.

Cut vegetables into small pieces, sprinkle with salt and leave over night. Next morning put in a bag and allow all water to drip

out, then cover with vinegar and water and leave one day and night. Drain off and squeeze very dry. Then take 1 gallon good vinegar and 2 pounds sugar, let it boil and pour over the pickles. Add all the spices in a muslin bag, boil for an hour or more, add green pepper to taste and a bunch of fresh celery if you like it.

Mrs. Aurelia Patterson.

CHOW-CHOW PICKLE NO. 5.

2 large cabbage.
6 onions.
8 cucumbers.
1 box mustard.
1 cup sugar.
½ t-spoon cayenne.
1 oz. tumeric.

Chop fine the cabbage, onions and cucumbers, sprinkle with salt and let stand over night. Drain off all water, cover with good vinegar, adding mustard, sugar, cayenne and tumeric. Let simmer 1 hour. Seal.

Mrs. J. W. Frederick,
Marshallville, Ga.

NEW ENGLAND MUSTARD PICKLE NO. 1.

2 qts. green tomatoes.
2 qts. small onions.
2 small heads cabbage.
1 small cauliflower.
½ dozen hot green peppers.
½ cup salt.
2 cups sugar.
¼ lb. mustard.
½ oz. tumeric powder.
¾ cup flour.

Slice all fine, cover with water, add salt, and let stand overnight. In the morning, let come to a boil in the brine. Drain well and cover with vinegar. Mix together mustard, tumeric powder, sugar and flour. Stir all into pickles. Flour should be made into a paste by using a little vinegar before mixing. Cook until tender, pack in jars, and seal. When cool it is ready for use.

Mrs. H. C. Phipps.

MUSTARD PICKLE NO. 2.

2 qts. cucumbers.
2 qts. onions.
2 qts. tomatoes.
2 qts. cauliflower.
2 tbls. mixed mustard.
2 qts. vinegar.
3 cups brown sugar.
1 tbls. celery seed.
1 cup flour.
1 t-spoon tumeric.

Cut vegetables and soak in salt water over night. Cook together 2 qts. of vinegar and the sugar. Add celery seed, and broken up pieces of vegetables. When tender take out vegetables, and thicken vinegar with 1 cup flour, the tumeric, and mustard. Replace pickles, and cook a few minutes.

Mrs. Charles E. Myers.

MIXED MUSTARD PICKLE.

1 cup flour.
1 cup sugar.
1 tbls. tumeric.
Tomatoes.
Cabbage.
1 tbls. pepper.
1 cup vinegar.
Cucumbers.
Beans.

Cut up cabbage, cucumbers, beans, tomatoes and small onions to the quantity of about six quarts. Sprinkle lightly with salt, alternating layers. Let stand over night. Squeeze out all water, place in preserving kettle and let scald.

Make paste of flour, vinegar, sugar, tumeric and pepper. Mix well and stir thoroughly with vinegar to make one-half gallon. Cook until slightly thick, stirring constantly. Pour over the pickle mixture, adding more vinegar if too thick. Let boil and seal hot.

Mrs. J. R. McKenzie,
Montezuma, Ga.

MUSTARD PICKLE NO. 4.

1 qt. small cucumbers.
1 qt. small button onions.
1 qt. green tomatoes.
6 tbls. ground mustard.
1 cup sugar.
4 qts. water.
4 green peppers, cut fine.
1 cup flour.
1 tbls. tumeric.
Salt.

Make a brine of water and salt. Pour over the mixed vegetables and let stand 24 hours, cutting vegetables fine. Place mixture over fire to boil; then drain well. Mix flour, mustard and tumeric with enough cold vinegar to make a paste. Add sugar and sufficient vinegar to make two quarts in all. Place this on stove, cook until it thickens, stirring constantly. Add vegetables and cook until well heated through. Seal in glass jars.

Miss Gussie Overby.

CUCUMBER PICKLE.

75 cucumbers.
2 large onions.
1 t-spoon celery seed.
2 oz. whole black pepper.
3 lbs. sugar.
2 oz. allspice.
2 oz. cloves.
2 oz. mace.
2 oz. nutmeg.
Vinegar.

Use fresh cucumbers (size for eating) and put in brine for two days. Then soak them in fresh water until not so salty. Wipe dry, cut in pieces one inch thick. Boil cucumbers until tender in vinegar enough to cover. Add seasonings just before canning. Two lemons sliced add very much to the flavor. Add 3 lbs. of sugar if desired sweet.

Mrs. W. W. Berly.

DUTCH SALAD PICKLE.

Following vegetables should be ground coarsely before measuring:

1 qt. green tomatoes.
1 qt. white onions.
1 cabbage.
9 green peppers without seed.
½ cup salt.

Put above ingredients in kettle, pour over enough water to keep from sticking. Boil about 5 minutes, then drain off water and add dressing.

Dressing.

5 t-spoons dry mustard.
3½ cups sugar.
1 cup flour.
2 qts. vinegar.

Mix and cook until thick. Add above ingredients with 1 quart of small cucumber pickles. Cook all one-half hour.

Mrs. Chas. W. Bell.

CABBAGE PICKLE NO. 1.

1 large head cabbage.
1 qt. green tomatoes.
½ doz. onions.
3 cups sugar.
2 t-spoon tumeric.
2 qts. vinegar.
3 t-spoon flour.
2 t-spoon mustard.
2 t-spoons allspice.

Chop cabbage, tomatoes, and onions fine. Add water enough to cover, stand over night. Drain in the morning. Add all vinegar except ½ cup for mixing spices. Boil until tender; add flour to vinegar with spices, making a paste. Add this to pickle, then sugar. Boil 20 minutes. If too thick, add a little vinegar and boil two minutes or more. Seal hot.

Mrs. Tom Germany,
LaFayette, Ala.

CABBAGE PICKLE NO. 2.

1½ doz. cucumbers, (chopped fine).
2 large heads cabbage.
2 doz. small onions.
2 lbs. white sugar.
8 green bell peppers.
2 oz. white mustard seed.
1 oz. tumeric.
½ box ground mustard.

Chop all vegetables well, sprinkling a little salt through them and let stand over night. Drain well, place in preserving kettle and add mustard seed, sugar, ground mustard and tumeric. Cover with good vinegar and boil until thick. Seal hot.

Mrs. Oscar McKenzie.

RUMMAGE PICKLE.

1 qt. tomatoes.
1 qt. cabbage.
1 stalk celery.
½ cup salt.
1 t-spoon each mustard, cloves, allspice, cinnamon and celery seed.
1 qt. onions.
1 qt. apples.
4 or 5 green peppers.
2 lbs. sugar.

Chop fine or leave coarse. Sprinkle salt over this and mix well. Let stand five or six hours, or over night. Place vinegar over fire into which sugar has been mixed. Add spices and celery seed. Drain vegetables by squeezing out handsful and drop in vinegar. Let boil a few minutes—not too long. Stir from bottom so all will be cooked alike. Add 4 or 5 hot peppers if desired.

Mrs. Charles Walker.

SOUR KRAUT PICKLE.

1 qt. sour kraut.
3 large onions, (sliced).
¼ t-spoon ground mustard.
1 cup brown sugar.
¼ t-spoon tumeric powder.
½ t-spoon black pepper ground.

Put in jar and cover with cold strong vinegar. Canned kraut is fine for making this pickle. Wash and squeeze to remove all water; if not enough salt, add necessary amount to suit taste.

Mrs. Wm. A. Davis.

ARTICHOKE PICKLES.

1 pk. artichokes.
3 pts. vinegar.
4 large onions.
4 cups sugar.
2 tbls. white mustard seed.
1 tbls. celery seed.
4 t-spoons salt.
1 t-spoon tumeric.
1 t-spoon cayenne pepper.

Grind artichokes and onions. Cook all together until done.

Mrs. Wm. L. Percy.

SWEET PEACH PICKLES NO. 1.

5 lbs. peaches, (weighed after peeling).
3 lbs. sugar.
1 pt. vinegar, (to every 4 qts. fruit.)

Dissolve vinegar and sugar. Let come to boil. Stick cloves into peaches and drop gradually into boiling vinegar. When fruit is tender drop into sterilized jars, cover with hot syrup and seal tight.

Mrs. Virlyn B. Moore.

SWEET PEACH PICKLE NO. 2.

1 qt. fruit.
1 cup sugar.
1 pt. cider vinegar.
1 tbls. whole cloves.
1 tbls. allspice (whole).
1 oz. stick cinnamon.

Cook until tender, seal in glass jars. Pears, plums and cherries can be pickled in same way but must be pricked with a needle.

Mrs. G. W. Eaves.

SWEET PEACH PICKLE NO. 3.

9 lbs. fruit.
1 qt. apple vinegar.
Spice.
4 lbs. sugar.
1 cup water.

Peel firm cling-stone peaches of uniform size. Drop into cold water to prevent discoloration. Put sugar and vinegar into large enamel pan over moderate fire; stir until sugar is dissolved. Remove peaches from water and stick two whole cloves into each peach. When all are prepared, drop into the vinegar, which should be boiling. Stir gently; cook until fruit is tender. Be careful not to cook peaches too long, or they will burst. Have enough pint or quart jars ready (that is hot with rubbers adjusted) with from five to twenty wholespice in each jar. Put peaches in jar carefully until jar is full. Fill to overflow with the boiling vinegar. Seal

immediately. Turn jar down. If any liquid runs out the fruit will not keep. Remove top, add a little more boiling vinegar and seal again. Ready for use from two to four weeks.

Mrs. J. A. Carlisle.

DAMSON PLUM SWEET PICKLE.

7 lbs, fruit.
4 lbs. brown sugar.
2 oz. stick cinnamon.
1 oz. whole cloves.
1 pt. best apple vinegar.

Wash plums and prick with large needle. Put them in large stone jar. Boil vinegar, sugar, and spices together, pour over plums. Cover, repeat the vinegar and pour on fruit four days in succession—on fifth day put plums into glass jars and fill with boiling hot vinegar, seal immediately.

Mrs. Hugh Willet.

WATERMELON RIND PICKLE NO. 1. (sweet)

1 medium size melon.
4 lbs. sugar.
3 pts. vinegar.
2 lemons.
1 t-spoon ginger.
1 t-spoon whole cloves.

Cut rind in small squares and peel. Soak over night in weak salt water in a stone jar. Rinse in cold water and let rind come to a boil in cold water containing a piece of rock alum the size of a pigeon's egg. Drain off alum water and discard. Put in cold water the ginger and let rind come to a boil. Cook until rind can be pierced by a straw. Take rind from ginger water and drain. Make a syrup of sugar and vinegar. Let boil and add lemons sliced thin, removing seed and cloves. Drain rind and add it to syrup. Let cook until transparent. Put in jars hot. Glass top jars with new rubbers are best for pickles.

Mrs. Joel Hunter.

WATERMELON RIND PICKLES NO. 2.

Salt water.
Alum water.
7½ lbs sugar.
3 sticks cinnamon.
1 t-spoon fine mustard seed.
3 pts. apple vinegar.
3 blades mace.
3 blades ginger, (broken).
1 t-spoon whole cloves.
1 t-spoon whole allspice.
6 lbs. rind.

Let rinds soak in salt water over night, in fresh water all next day, then in alum water; next day in fresh water until three o'clock. Then boil in clear water for 45 minutes. Let sugar, vinegar and spices come to boil, add rind and boil until clear and rind can be pierced with straw.

Put in glass jar, cover well with syrup and seal.

Mrs. E. Rivers.

WATERMELON RIND PICKLE NO. 3.

8 lbs. rind.
4 lbs. brown sugar.
1 qt. vinegar.
1 cup whole spices.

Cut rind into shape desired, boil in clear water until tender.

Add sugar and spices (tied in muslin bag) to vinegar and bring to boil. Then add rind and boil ten minutes. Remove from fire and set aside in granite or earthenware vessel. For four successive mornings, drain off syrup, boil and pour over hot rind. Then put in jars and seal.

Miss Mary Randolph Kent.

ARTICHOKE RELISH.

1 pk. artichokes.
3 pts. vinegar.
2 cups brown sugar.
2 tbls. celery seed.
4 medium size onions.
1 tbls. cayenne pepper.
1 tbls. tumeric.
½ lb. mustard seed.
Salt to taste.

Thoroughly wash and cleanse the artichokes with a brush, (scraping unnecessary). Grind artichokes and onions in meat chopper, using coarsest part of chopper. Mix all ingredients and cook thirty minutes. (One cup of Olive oil may be added last if desired) Seal mixture while hot. Glass jars and tops preferred.

Mrs. Hugh Willet, Director Tallulah Falls Industrial School.

CELERY RELISH.

18 ripe tomatoes.
2 red peppers.
2¼ cups sugar.
1½ cups vinegar.
Celery.
2 t-spoons salt.
1 t-spoon each, cloves, allspice. cinnamon, mustard, and celery seed.

Remove roots and leaves from four bunches of celery. Chop vegetables, mix, and put in preserving kettle. Add sugar, vinegar, salt and celery seed. Bring gradually to a boil and let simmer one and one half hours, stirring occasionally. Fill bottles and seal while hot.

Clementine B. Rawling.

CORN SALAD RELISH.

1½ doz. ears corn.
4 red sweet peppers.
1 lb, mustard.
1½ lbs. light brown sugar.
1 head cabbage.
½ cup salt.
1 qt. vinegar.

Mix all together and cook until tender, then seal. Excellent relish for any cold meats.

Mrs. M. H. Stevens.

PEPPER HASH.

1 doz. green bell peppers.
2 small hot peppers.
2 cups sugar.
2 tbls. salt.
1 qt. vinegar.
1 doz. ripe peppers.
2 large onions.

Grind and mix; cover with boiling water. Let stand 10 minutes. Drain, cover again with boiling water. Let come to boil. Remove from fire and let stand another 10 minutes. Drain thoroughly, removing as much water as possible. Add vinegar, sugar,

salt. Place on fire and cook like sauce, stirring well. This can be sealed or used at once with meats. By using grated cheese and salad dressing with it, most delicious sandwiches can be made.

Mrs. Homer Dawson.

PEPPER RELISH NO. 1.

12 bell peppers.
16 onions.
8 apples.
4 or 5 hot peppers.
4 or 5 red peppers.
1 cup sugar.
1 qt. vinegar.
1 cup salt.

Remove seeds from peppers; chop onions, apples and peppers, and grind thru food chopper. Mix ingredients together with the salt and cover with boiling water. Let stand fifteen minutes. Drain through a colander. Add vinegar and sugar to mixture and let cook till thick. Seal while hot.

Mrs. W. B. Cox.

PEPPER RELISH NO. 2.

1 dozen green peppers.
1 dozen red peppers.
½ tbls. flour or corn starch.
1 medium cabbage.
1 dozen onions.
1 t-spoon prepared mustard.
1 tbls. tumeric.
1 tbls. celery seed.
1 qt. vinegar.
2 cups sugar.
Salt to taste.

Boil vinegar first; then add ground vegetables. Thicken with cornstarch or flour, after adding seasonings.

Mrs. J. E. Hays,
President State Federation of Women's Clubs.

SPICED GREEN TOMATOES.

8 lbs. green tomatoes.
8 cups granulated sugar.
3 tbls. mixed pickle.
1 pt. cider vinegar.

Pare thin as possible so seeds will remain in fruit. Make a syrup of the sugar, vinegar and spice. Drop in the fruit and boil gently until clear. Dip out whole into sterilized jars. Pour over the syrup and seal as usual.

Mrs. T. F. Abercrombie.

PEPPER RELISH NO. 3.

1 dozen green peppers.
1 dozen red peppers.
1 medium size cabbage.
1 tbls. tumeric.
1 tbls. celery seed.
Salt to taste.
1 dozen onions.
1 qt. vinegar.
1 t-spoon mustard.
2 tbls. flour or corn starch.
2 cups sugar.

Let vinegar come to boil; then add all ingredients. Add flour, which has been rubbed to paste, or corn starch. Cook a few minutes and seal.

Mrs. Harry Parker,
Montezuma, Ga.

SOY RELISH.

4 qts. green tomatoes.
1 qt. sugar.
1 qt. vinegar.
6 onions.
1 t-spoon black pepper.
1 t-spoon salt.
1 t-spoon celery seed.
1 t-spoon red pepper.

Mash fine and boil two and one half hours.

Edith Patterson.

CHILI SAUCE NO. 1.

1 can or qt. ripe tomatoes.
2 cups vinegar.
1 cup sugar.
1 t-spoon black pepper.
1 t-spoon cinnamon.
1 t-spoon cloves.
1 t-spoon salt.
1 t-spoon celery seed or,
1 bunch celery, (cut fine).
1 small onion, (cut fine).

Mix all ingredients and boil until onion is soft. Seal hot.

Mrs. George S. Obear, Jr.

CHILI SAUCE NO. 2.

24 large ripe tomatoes.
6 large onions.
4 pods hot red pepper.
3 tbls. salt.
2 cups sugar.
4 cups vinegar.
2 t-spoon cinnamon.
1 t-spoon each cloves and allspice.

Pour boiling water over tomatoes, let stand few minutes until skin slips off easily. Cut up fine, tomatoes, onions and peppers. Cook all together, stirring constantly until thick. Seal hot.

Mrs. W. V. Green.

GREEN TOMATO SAUCE.

½ pk. green tomatoes.
2 white hard head cabbages.
15 white onions.
1 large stalk celery.
25 cucumbers.
1½ gals. best vinegar.
½ pt. white mustard seed.
4 lbs. sugar.
1 tbls. celery seed.
1 tbls. ground cloves.
1 tbls. ground allspice.

Cut vegetables into small pieces, salt down over night in stone crock. Pour off brine and rinse vegetables in cold fresh water. Pour over vegetables vinegar and sugar; add mustard, celery seed, and spices. Cook until tender. Seal hot in jars with glass tops and new rubbers.

Mrs. Joel Hunter.

CHILI SAUCE NO 3.

(Made with canned tomatoes)

1 No. 2 can tomatoes.
½ cup vinegar.
½ cup sugar.
½ t-spoon salt.
¼ t-spoon red pepper.
1 tbls. cinnamon.
1 medium onion chopped fine.
1 green pepper chopped fine.

Mix thoroughly and boil 45 minutes.

Mrs. Claude B. Davis.

GREEN TOMATO SAUCE.

1 qt. green tomatoes (cut fine).
1 cup brown sugar.
1 cup vinegar.
Pepper, salt, allspice, cloves (to taste).
1 small onion (shredded fine).

Boil to a jam, stirring frequently to prevent scorching.

Mrs. Charles Walker.

PLUM SAUCE NO. 1.

5 cups plums, (seeded).
5 cups sugar.
3 oranges, (grind peel and all).
1 lb. nuts.
1 lb. raisins.

Mix and let stand over night. Then cook 25 minutes.

Mrs. Fred Cornell.

PLUM SAUCE NO. 2.

8 qts. plums.
6 qts. sugar.
1 qt. apple vinegar.
1 t-spoon ground cloves.
1 t-spoon mace.
1 t-spoon cinnamon.

Cook plums until soft (about fifteen minutes). Drain off water, add vinegar, sugar and spices. Cook one hour, stirring constantly.

Miss Carroll Campbell.

SCUPPERNONG BUTTER.

1 qt. scuppernongs.
3 cups sugar.

Cover scuppernongs with water and cook twenty minutes. Rub through colander. Add sugar and cook twenty minutes, stirring frequently.

Mrs. S. L. Dabney.

APPLE BUTTER.

16 lbs. apples.
6 lbs. sugar.
1 pt. vinegar.

Stew apples and strain through colander. Add vinegar and sugar, cook slowly three hours. When nearly done, flavor with cinnamon.

Mrs. C. E. Cresse.

PLUM CHUTNEY.

2 qts. plums, (damsons).
1 cup sugar to every 2 qts.
1 t-spoon ground cinnamon.
1 grated lemon rind.
¼ t-spoon each of ground mace, allspice, and cloves.
½ t-spoon salt.
1 pt. vinegar and water mixed.

Cook the plums in the liquid until they may be pressed through a seive; add sugar and other ingredients. Simmer until thick as catsup. Keep in stone crock, or sealed in fruit jars.

Mrs. Howard H. McCall,
State Chairman Georgia State Federation Woman's Clubs.

INDIAN CHUTNEY.

1 qt. malt vinegar.
1 lb. sour apples.
½ lb. onions.
1 lb. moist sugar.
½ lb. raisins.
4 oz. ground ginger.
2 oz. dry mustard.
4 oz. salt.
¼ oz. cayenne pepper.
4 cloves garlic.

Peel, core and slice apples. Peel and coarsely chop onions. Stone and quarter raisins. Chop the garlic finely. Cook apples, onions and garlic with salt, sugar and vinegar until quite soft and pass thru a fine hair sieve. Add raisins, mustard, ginger and Cayenne—mix well together—turn into a jar, let stand in a warm place until the following day. Have ready some perfectly dry wide necked small bottles or jars, fill them with the Chutney and cover so as to exclude the air. This Chutney may be kept for a year or two.

Mrs. Rupert E. Hall.

CHUTNEY SAUCE.

12 large apples.
8 medium size green tomatoes.
4 medium size onions.
2 cups brown sugar.
2 tbls. mustard seed.
1 t-spoon salt.
2 pods sweet green pepper.
1 cup seeded raisins.
1 qt vinegar.
1 t-spoon cinnamon.
1 t-spoon cloves.
1 t-spoon allspice.

Boil vinegar, sugar, and spices five minutes. Add other ingredients chopped fine. Boil one hour. Seal hot.

Mrs. Tom Germany.

JOHN MACK TOMATO CATSUP.

(Very Old Recipe.)

Tomatoes.
1 qt. vinegar.
2 tbls. salt.
2 tbls. mustard, (ground).
2 tbls. black pepper.
1 t-spoon allspice, (whole).
1 cup brown sugar.
1 t-spoon each, cloves cinnamon and mace.
2 lemons, (sliced).
2 large white onions.
6 pods green pepper, unbroken.

Wash and mash any desired quantity of tomatoes, put into preserving kettle and boil one hour. Strain the mass through a sifter, then, to 4 quarts of the liquid add above ingredients. Boil down to half, stirring to prevent burning. Strain off spices through a sifter, bottle in brown beer bottles if possible. Cork with new corks that have been soaked in hot water to soften them. Put sealing wax over top.

Mrs. Aurelia Patterson.

PRESERVED PEACHES.

Peaches.
Water.
Sugar.

Peaches for preserving may be ripe but not soft; pare them neatly, cut in halves and take out the stones; take as many pounds

of white sugar as of fruit, put to each pound of sugar a teacupful of water; stir it until it is dissolved; set it over a moderate fire; when it is boiling put in the peaches and let them boil gently until a pure, clear, uniform color; turn those at the bottom to the top carefully with a skimmer. When they are clear, take each half up with a spoon, spread on flat dishes to cool. When all are done, let syrup boil until quite thick, put peaches in jars, pour syrup over them. Some kernels added will improve the flavor.

Mrs. G. W. Eaves.

GINGER PEARS.

½ lb. green ginger.
8 lbs. sugar.
8 lbs. pears weighed after paring and coring.
1 pt. water.
Juice and shredded peel of 3 lemons and 3 oranges.

Scrape and chop ginger. Cook in pint of water with orange and lemon peel until tender. Add sugar, orange and lemon juice and cook until the sugar is dissolved. Put in pears, chopped coarsely, and cook very slowly for two hours. Place in small jars and cover when cold.

Miss Mary R. Kent.

MOCK PINEAPPLE PRESERVES.

5 lbs. watermelon rinds.
1 small can pineapple (grated).
2 tbls. alum.
5 lbs. sugar.
1 small cup salt.

Pare and peel watermelon and cut in fancy shapes if desired. Cover in cold water, add salt and let stand in sun 24 hours. Wash and drain. Cover in cold water and let stand in sun 24 hours. Drain off water, cover in cold water and boil until tender. Dissolve sugar in boiling water, boil twenty minutes, dip out rinds and drop in sugar. Cook until transparent. Just before canning, add pineapple.

Mrs. J. P. Setzler.

WATERMELON RIND PRESERVES.

Soak 2 days in salt water.
Soak 2 days in alum water.
Soak 2 days in fresh water.
Ginger tea.
Use as many lbs. of sugar as there is fruit.

Select thick watermelon rind. Trim off carefully all green from outside and all pink from inside. Cut in squares or any shape. Change fresh water each morning. Boil in ginger tea until tender. Make syrup of sugar (1 lb. to each lb. of rind). Let syrup come to a boil, then transfer fruit from ginger tea to syrup and let boil until transparent or pretty clear yellow. Put into glass jars. If syrup is not thick enough let it boil longer, then cover fruit and seal. If soaked according to directions, preserves will be firm and brittle.

Mrs. E. Rivers.

CRABAPPLE PRESERVES.

Water.
Crabapples.
Sugar.

Wash apples and leave whole. Use a pound of sugar to a pound of fruit. Put in preserving kettle and add enough water to prevent sticking. Cook until transparent and syrup thick. Seal hot.

Mrs. Lanham Minson.

FIG PRESERVES.

Figs.
Sugar.
Lemon.
Water.

Peel figs and weigh, using ¾ lb. of sugar to a pound of fruit. Add sliced lemon (use one lemon to 2 qts. of fruit). Cook until tender and seal hot.

Mrs. J. B. Withers.

PRESERVED GREEN TOMATOES.

1 pk. tomatoes.
6 lbs. sugar.
6 lemons.

Wash tomatoes. Slice lemons and remove seeds. Add sugar and boil until transparent and the syrup thick. Ginger root may be added if liked.

Mrs. L. P. Bellamy.

STRAWBERRY JAM.

To each pound of firm, selected berries allow ¾ lb. of sugar. Place in preserving kettle, stirring gently. Cook slowly for ½ hour. Put in jars and seal hot. Blackberries may be used instead of strawberries.

Mrs. Frank Mershon.

SEEDLESS BLACKBERRY JAM.

Wash berries, weigh and allow ¾ lb. sugar to each pound of berries. Mash berries, pour in preserving kettle and cook until soft. Mash through sieve, adding sugar to pulp. Return to fire and simmer for one-half hour. Seal.

Mrs. T. H. Stewart, Jr.

CARROT MARMALADE.

3 cups carrots.
3 cups apples.
3 cups cold water.
3 lemons.
4 cups sugar.

Method—Grate carrots, apples, and lemon rind together; add lemon juice. Cook all together with sugar, simmering gently till thick, about 30 minutes.

Mrs. J. C. Wing,
Palmer, Mass.

GENUINE ENGLISH ORANGE MARMALADE.

1 grapefruit.
4 oranges.
2 lemons.

Pare the fruit and slice skins fine, chop the fruit and mix together, adding three pints of water to each pound of fruit mixture. Put seeds in pint of water and simmer down to half. Let fruit stand forty-eight hours in water, then boil until tender. Let this stand until next day then add water from seeds strained and add one lb. of sugar to each pound of mixture, boil rapidly until it jells.

Mrs. Chas. W. Bell

GRAPE CONSERVE.

3 lbs. grapes.
3 oranges.
1 cup English walnut meats.
6 cups sugar.

Skin grapes and cook pulp until seeds separate. Put through colander, add skins and juice of oranges, walnut meats and sugar. Cook twenty minutes as for jelly.

Mrs. Edwin Beaver.

GRAPE, PLUM, OR CHERRY CONSERVE.

6 pts. drained fruit.
8 cups granulated sugar.
2 lbs. seeded raisins.
4 oranges.
1 cup English walnut meats.

Grate orange peel and extract juice. Chop raisins and nuts together; combine all ingredients, and cook gently for forty minutes. This will make twelve glasses.

Mrs. T. F. Abercrombie.

GRAPE FRUIT CONSERVE.

2 grapefruit.
2 lemons.
2 oranges.
2 cups nut meats.

Slice off skin from each end of grapefruit. This prevents it from being bitter. Remove seeds and put through coarse meat grinder. Do same with lemons and oranges, except don't cut off end. Add three times as much water as you have fruit and let stand over night. Add equal quantity of sugar and boil until it jells. This makes about thirty glasses of conserve.

Mrs. J. H. Zachry.

APPLE CONSERVE.

8 cups of unsweetened apple sauce.
2 cups brown sugar.
2 oranges sliced thin.
2 lemons sliced thin.
1 lb raisins.
8 scant tbls. syrup.
2 t-spoons cloves.
1 tbls. cinnamon.
1 lb. English walnut meats.
Pinch of salt.

Boil above ingredients (except nuts) 15 minutes. Add nuts last and seal.

Mrs. W. L. Percy.

CRAB APPLE JELLY.

Crab apples.
Water.
Sugar.
Lemons.

Wash and wipe crab-apple, quarter but do not core, put in kettle, and cover with cold water; cook until soft. Strain twice through a jelly bag. Put juice on and boil for twenty-five minutes. Add a pound of sugar to every pint of juice, with juice of one lemon. Boil until it jells.

(Miss) Annie J. Head.

PARADISE JELLY.

6 apples.
6 quinces.
1 pt. cranberries.
Water.

After washing the fruit, core the apples and quinces but do not peel. Put all over the fire in water enough to cover and cook till soft. Strain off the juice and proceed as in currant jelly. A pint of juice to a pound of sugar. The pulp remaining may have sugar added to it and then be canned for tapioca pudding, or for marmalade.

Mrs. D. I. Carson.

GOOSEBERRY JELLY.

3 qts. green gooseberries.
3 qts. water.
Sugar.

Wash gooseberries, put in kettle with water and cook over slow fire until berries are soft enough to mash easily, strain and press through jelly bag. To every pint of juice add one pound sugar. Cook rapidly for ten minutes, skimming well while boiling. Turn into glasses and seal when cold.

Mrs. L. P. Bellamy.

CRANBERRY JELLY.

1 qt. cranberries.
1 pt. cold water.
1 pt. sugar.

Cook berries in water until soft, strain through sieve. Then add sugar and boil five minutes.

Mrs. J. P. Averill.

GRAPE JELLY.

Grapes.
Sugar.
Water.

Stem ripe grapes and put into a preserving kettle, let come to boil, mash and strain. Put juice on to boil for twenty minutes, then add three-quarters of a pound of sugar to every pint of juice. Skin while boiling, let cook fifteen minutes. Put in glasses and cover. Green grape jelly may be made the same way, but will require a pound of sugar to a pint of juice.

Mrs. J. B. Withers.

QUINCE JELLY.

Quinces.
Water.
Sugar.

Cut ripe quinces in slices, put in a kettle and cover with cold water; boil until soft, strain, and put in preserving kettle. To every

pint of juice add three-quarters of a pound of sugar. Boil until it jells.

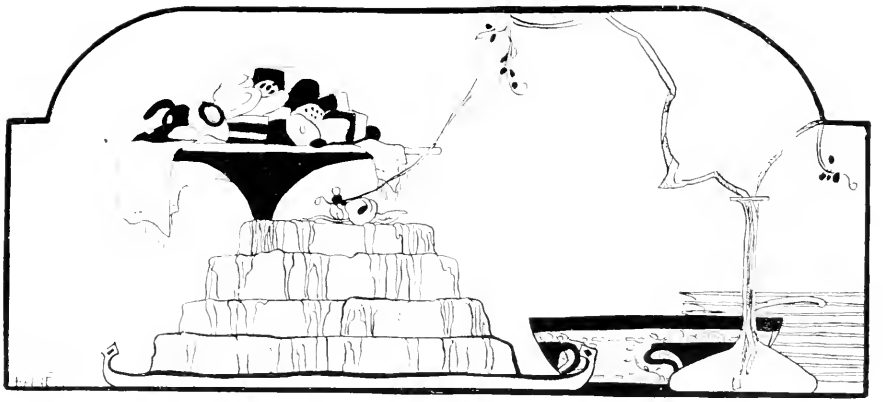
(Miss) Annie J. Head.

PINEAPPLE JELLY.

Apples. Sugar.
Pineapple. Water.

Take tart apples, cut up without peeling and drop into water to prevent them turning dark. Add peeling and cores of one or two pineapples; boil all (covered with water) until apples are quite tender, strain juice through a jelly bag, add measure for measure of juice and white sugar. Boil quickly for ten minutes in shallow vessel. Put in glasses while hot.

Mrs. J. L. Minson.



CAKES, FILLINGS, ICINGS AND COOKIES.

Mrs. Henry A. Manning, Chairman.

CAKES.

There are two classes of cake—the sponge and the butter cake. The first is less fattening and best for children. All our cakes are variations made on the true sponge or on the cup cake recipes. Cakes have much food value, which should be remembered in planning a meal.

M. P. Means.

SCRIPTURE CAKE.

1½ cups of Judge, 5:25 last clause.
2 cups Jeremiah, 6:20.
2 cups Nehum, 3:12.
1 cup Numbers, 17:8.
4½ cups I Kings, 4:22, first clause.
6 cups Jeremiah, 17:11.
A pinch of Leviticus, 2:13.
2 tbls. I Samuel, 14:25, last.
II Chronicles, 9:9. season to taste.
½ cup Judges, 4:19, last clause.
2 tbls. Amos, 4:5, first clause.

Method—Follow Solomon's prescription for making a good boy, Proverbs 23:14, and you will have a good cake.

Emily E. Rice.

ANGEL CAKE.

12 egg whites.
Generous pinch of salt.
2 level t-spoons cream of tartar.
10 oz. flour.
4 oz. granulated sugar.
1 t-spoon vanilla.

Have everything ready before breaking the eggs, and proceed rapidly. Have eggs thoroughly chilled and avoid having even small particles of the yolk of the egg in the whites. Weigh sugar and flour, sifting each on a separate piece of paper. Beat eggs, after adding salt, till large bubbles disappear; sift in cream of tartar until eggs are dry and stiff. (If beaten too long the cake will be dry and tough). Fold in (not beat in) the sugar and then the flour by

sifting a little in at a time. Light the oven and then add vanilla. Put in an ungreased aluminum pan and place in oven, about three or four inches from the floor of the oven. Reduce gas until it looks like rows of beads and let it stay that way for thirty minutes. Then increase heat until the gas is nearly full. In 15 minutes more, the cake should be a pretty brown all over. As gas pressure and sizes of ovens vary, each person must learn by experience just when the cake is done, but 45 minutes is the average time. As soon as taken out of the oven the cake should be turned up side down and left till thoroughly cold. By running a knift around the sides and then knocking the sides of the pan on the edge of the kitchen table, the cake can be gotten out of the pan in perfect condition. Dust powdered sugar over the top or ice the cake according to taste. By using a carving knife and dampening it often, the slices may be kept even and light. If you press hard on the knife, you will have a ragged slice.

Mrs. R. L. Turman

ANGEL FOOD CAKE.

12 egg whites.
¼ t-spoon salt.
1 t-spoon cream of tartar.
1½ cup sugar.
1 scant cup flour.
1 t-spoon vanilla.

Place the whites in deep bowl, sprinkle in the salt and beat with dover egg beater until entirely stiff. Stir in cream of tartar This helps the whites to remain stiff. Next, thoroughly beat in sugar with egg beater or open spoon. Measure a scant cup of flour, sift three times and remeasure, filling the cup by gently laying in the flour by spoonfuls. This is to insure having a scant and light cup of flour. Then fold the flour into the cake mixture, about a third at a time. The flour should not be beaten in. Add vanilla and pour mixture into an ungreased tin with a funnel center. The oven should be quite warm, but not hot, when cake is put in. Let heat be moderate throughout the baking, which may be from forty to sixty minutes.

Mrs. Alan Griffith Stanford.

DEVILS FOOD CAKE.

2 cups sugar.
3 cups sifted flour.
½ cup Snowdrift.
1 cup sour milk.
1 cup hot water.
3 eggs.
¾ cup grated chocolate.
1 t-spoon soda.
1 t-spoon baking powder.
¼ t-spoon salt.

Add sugar to Snowdrift, cream well, put in egg yolks, then chocolate dissolved in hot water, beat well. Dissolve soda in milk add to mixture, gradually sift in 2 cups of flour, beating well. Alternate last cup of flour and baking powder with well beaten egg whites. Add salt and favorite flavoring, bake in moderate oven, put together and ice with caramel.

CARAMEL FILLING.

2 cups of brown sugar.
2 cups white sugar.
1½ cups milk.
1 t-spoon vanilla.
2 tbls. butter.
Pinch of salt.

Cook sugar, milk and salt together, (stirring constantly) to soft ball degree when tested in cold water. Just before removing sauce pan from fire add vanilla and butter, beat until cool enough to spread. If mixture should happen to cook too long add a few drops of milk and beat until right consistency.

Mrs. J. A. Carlisle,
Cookbook Chairman.

OLD FASHIONED POUND CAKE.

2½ cups sugar.
1 lb. butter.
½ t-spoon baking powder.
4 cups sifted flour.
10 eggs.
1 t-spoon salt.

Cream butter and sugar together thoroughly. Do not break yolks, but add 1 at the time alternately with flour (sifted several times with baking powder) until well mixed. Add well beaten whites last. Bake in slow oven for about 2 hours.

Mrs. F. R. Lane.

POUND CAKE.

1 cup butter.
1 cup sugar.
5 eggs.
2 scant cups sifted flour.
1 level t-spoon baking powder.
1 t-spoon vanilla.

Cream butter well, add sugar slowly, beating thoroughly. Add whole egg, alternately with flour which has been sifted with baking powder; add flavoring. Bake in a moderate oven about 1 hour.

Mrs. R. L. Mason.

CREAM LAYER CAKE.

1 cup granulated sugar.
1 cup butter.
6 large or seven small eggs.
2 ¼ cups sifted flour.
2 t-spoon Royal baking powder.
Vanilla or lemon flavoring to taste.

Cream butter and sugar together, add well beaten yolks of eggs, stir well, sift flour with baking powder three times, then add to the mixture, and stir in beaten whites gently. Flavor and pour into layer tins. Bake in a moderate oven.

FILLING.

1 cup granulated sugar.
½ cup butter.
½ cup evaporated milk.

Dissolve all together and cook over a moderate fire until it sheets from the spoon. Spread between layers and on top of the cake.

Mrs. J. C. Gentry.

PINEAPPLE CAKE.

¾ cup butter.
2 cups sugar.
1 cup milk.
3 cups sifted flour.
5 eggs.
1 level t-spoon Royal baking powder.
½ t-spoon vanilla.

Cream together butter and sugar until very light, add eggs 2 at a time, beating 5 minutes between each addition. Add alternately milk and flour, adding baking powder to the last flour. Then add vanilla. Bake in layer tins in moderately hot oven. When cooled put the layers together with boiled icing. On top of each layer of icing put a layer of pineapple. Sprinkle powdered sugar over the pineapple.

Mrs. Simon Weill.

LANE CAKE.

(Original.)

8 egg whites.
1 cup milk.
3¼ cups sifted flour.
1 cup butter.
2 cups sugar.
3 t-spoons baking powder.
1 tbls. vanilla.

Add baking powder to flour and sift three times. Cream butter and sugar gradually until very light. Add alternately milk and flour. Lastly, fold in well beaten whites with flavoring. Pour in tube pan and bake in moderate oven for loaf cake, or bake in layers.

FILLING.

7 egg yolks.
1 cup seeded raisins.
1 wine glass wine.
1 t-spoon vanilla.
1 cup sugar.
½ cup butter.
1 cup English walnut meats.

Cream butter and sugar; add well beaten egg yolks. Cook in double boiler, stirring constantly until quite thick. Remove from fire and while hot add raisins and walnuts chopped. Lastly, add wine and vanilla.

Mrs. W. C. Lane,
Roanoke, Ala.

DELICIOUS CAKE.

3 cups sifted flour.
2 cups sugar.
1 cup milk.
Whites 8 eggs.
3 t-spoons baking powder.
1 cup butter.
1 t-spoon vanilla.
2 squares chocolate.

Cream together butter and sugar, add milk and vanilla, alternating with sifted dry ingredients. Fold in egg whites, adding last the melted chocolate. Bake in moderate oven.

FILLING.

1 pt. milk.
2 eggs.
1 cup sugar.
Flavor as desired.
1 tbls. butter.
½ cup corn starch.
1 cup nut meats.

Mix corn starch and sugar with a little cold milk, add slightly beaten eggs. Heat rest of milk and add to first mixture. Cook in double boiler until thick, adding butter while hot. When cool add flavoring and nuts, spread on layers.

Mrs. Nellie Singleton.

FUDGE CAKE.

½ cup melted butter.
3 squares unsweetened chocolate or 6 tbls. cocoa.
1 cup sugar.
2 eggs well beaten.
½ cup flour.
1 tbls vanilla.
1 cup nut meats.

Beat together in above order and bake in biscuit pans three-fourths inch thick.

Mrs. J. P. Snelgrove.

MOCHA CAKE.

2 eggs.
1 cup sugar.
1 cup sifted flour.
1¼ t-spoons baking powder (Royal).
1 t-spoon vanilla.
½ cup hot milk.
1 t-spoon butter.

Beat eggs very lightly. Add sugar beaten in very light and flour in which baking powder has been sifted. Melt butter into hot milk, adding vanilla. Pour this into the first mixture and beat until thoroughly mixed. Pour into greased and floured layer tins and bake in quick oven about 15 minutes. This makes two layers.

MOCHA FILLING.

1 cup powdered sugar.
½ scant cup butter.
2 t-spoon cocoa.
2 tbls. coffee.
1 t-spoon vanilla.

Cream sugar and butter together, add cocoa, cold boiled coffee and vanilla. Mix thoroughly, spread between cake layers and ice top.

Mrs. W. Frank Daub.

DELIGHTFUL SPONGE CAKE. NO 1.

1 cup sugar.
1 cup sifted flour.
Pinch of salt.
6 eggs.
1 lemon (juice).

Beat yolks with dover egg beater until very light, add sugar which has been sifted 5 times; add lemon juice then flour sifted 5 times. Sprinkle salt in egg whites and beat very stiff, fold into the cake mixture. Pour in well greased cake pan, place in oven hot enough to brown paper in 5 minutes. Cook over one burner 15 minutes, then turn on both lights 30 minutes. Turn out cake on face until cool. For a delicious dessert, bake in layers.

FILLING.

2 cups strawberries.
1 egg white.
½ glass jelly.
Whipped cream.

Beat jelly gradually into unbeaten egg white until thick and foamy (about 5 minutes). Place strawberries cut in pieces between layers and on top of cake; pouring jelly mixture over berries. Top with whipped cream.

Mrs. B. M. Boykin,
Pres. Atlanta Woman's Club.

VELVET SPONGE CAKE NO 2.

2 cups sugar.
5 eggs.
1 cup boiling water.
2½ cups sifted flour.
2 t-spoons Royal baking powder.
Flavoring.

Add sugar gradually to slightly beaten egg yolks and beat for about fifteen minutes. Add flour alternately with well beaten egg whites. Stir in boiling water in which baking powder has been sifted. Add flavoring. Bake in moderate oven.

Mrs. A. C. Ryley,
Fort Valley, Ga.

SPONGE CAKE NO 3.

4 eggs.
3 tbls. cold water.
2 t-spoons Royal baking powder.
Pinch salt.
1 cup sugar.
1½ cups sifted flour.
1 t-spoon lemon extract.

Add sugar gradually to well beaten yolks. Stir in water, salt and extract. Add well beaten whites alternately with the flour; stirring as little as possible to mix. If baked in loaf, oven should be moderate; if in layers, oven should be hot. Grease and flour pan.

Mrs. J. F. Ryan.

WHITE LAYER CAKE.

12 whites of eggs.
½ cup cream.
½ lb. butter.
4 level cups of sifted flour.
1 t-spoon baking powder.
3 cups sugar.

Cream butter with sugar, add cream. Stir in flour mixed with baking powder. Whites beaten thoroughly added last. Bake in layers in a moderate oven, and put together with any filling desired.

Mrs. Virlyn B. Moore.

DELICIOUS WHITE CAKE.

4 cups unsifted flour.
4 t-spoons Royal baking powder.
1 1/3 t-spoons salt.
2/3 cup Crisco.
4 egg whites.
2 cups sugar.
1 1/3 cups milk.
1 1/3 t-spoons either orange or lemon flavoring.

Add Crisco to sugar gradually and cream well together. Sift dry ingredients together twice, add alternately with milk, then flavoring; last fold in well beaten egg whites. This makes 4 delicious layers. Put together with any desired filling.

Emory Circle.

RIBBON CAKE.

1 cup milk.
1 cup butter.
4 eggs.
3½ cups sifted flour.
1 t-spoon cream of tartar.
2 cups sugar.
½ t-spoon soda.
1 t-spoon mace and cinnamon.
1 t-spoon brandy or wine.
½ cup seeded raisins, chopped
¼ lb. citron, sliced.
2 t-spoon molasses.

Cream butter and sugar thoroughly together. Add well beaten egg yolks, then flour sifted twice with cream of tartar and soda, alternately with milk. Then fold in well beaten whites. Have ready three oblong shallow tins (greased) of equal size. Divide cake batter in three equal parts, cook two as plain cake. Add ingredients of second column to third part of batter. (Dredge fruit with little flour before mixing). Bake. Put fruit layer between two plain ones, with either jelly or white icing as filling. Press lightly together, trim edges evenly and cover with white icing.
Mrs. Allen D. Candler,—Wife of former Governor of Georgia.

WHITE CAKE WITH CARAMEL FILLING.

6 egg whites.
1 cup butter (scant).
1 cup milk.
1 t-s-poon vanilla.
2 cups sugar.
3 cups flour.
2 t-spoons Royal baking powder.

Cream butter and half sugar together thoroughly. Add balance of sugar to stiffly beaten egg whites. Beat well. Add flour sifted three times with baking powder alternately with milk. Fold in whites last. Bake in moderate oven.

CARAMEL FILLING.

3 cups sugar.
3 t-spoons flour (scant).
1 cup butter.

Cream butter, sugar and flour together well. Add just enough milk to moisten thoroughly. Cook until creamy, then beat until firm enough to spread.

Mrs. Oscar McKenzie,
Montezuma, Ga.

MARBLE CAKE.

¾ cup butter.
1¾ cups sugar.
3 cups sifted flour.
¾ cup milk.
3 level t-spoons baking powder.
¾ t-spoon vanilla.
6 egg whites.
½ t-spoon cinnamon.
½ t-spoon cloves and allspice.

Measure flour, add baking powder and sift three times. Cream butter and sugar together until light; to this add flour and milk gradually with egg whites beaten stiff. For the marble—take one cup of batter, beat in one egg yolk, and spices. Mix in dark batter with white in filling pan. Bake as a loaf cake.

ICING.

1 cup sugar.
3 tbls. water.
1 t-spoon vinegar.
1 egg white.

Boil until sugar threads. Pour slowly over white of one egg beaten stiff. Flavor with ¼ t-spoonful of almond extract.

Mrs. W. M. Jenkins.

JELLY ROLL.

4 eggs.
1 cup sugar.
Rind of lemon.
2 tbls. cold water.
1 cup sifted flour.
1 t-spoon baking powder.
Pinch of salt.
Jelly.

Cream eggs and sugar; add other ingredients in order. When cold, place cake on a towel, spread jelly and carefully roll up in the towel. Rind of lemon can either be grated or run through meat chopper.

Mrs. D. M. Therrell.

ORANGE CAKE.

8 egg yolks.
3 cups sifted flour.
1 cup milk.
1 tbls. orange juice.
2 cups sugar.
¾ cup butter or good shortening.
1 tbls. corn starch.
3 tbls. baking powder.

Cream butter and sugar until thoroughly mixed, add eggs beaten until very light. Sift baking powder, corn starch, and flour together twice. Add alternately with milk to mixture, add orange juice. Bake in moderate oven.

ORANGE FILLING.

4 egg yolks beaten light.
2 cups sugar.
1 cup water.
1 cup grated orange peel.

Cook sugar and water until the syrup drops from spoon. Then into this beat the eggs gradually, allowing syrup to continue cooking, as the beating is in progress. Add grated peel just before the filling is cool.

Mrs. Tull C. Waters.

LEMON JELLY CAKE.
(A Favorite with Men).

3 cups sifted flour.
1½ cups sugar.
¾ cup butter.
1 cup milk.
2 t-spoons Royal baking powder.
3 eggs.

Cream butter and sugar; add yolks of eggs; beat thoroughly. Add three-fourths of milk, stirring constantly. Sift baking powder and flour several times together. Begin adding flour so sifted, a handful at a time. Stir rapidly. Add remainder of milk and flour as needed for batter of good consistency; add whites last, (beaten until plate can be turned up-side-down without slipping off beaten whites). Bake quickly in layer-cake pans. In turning out layers, whisk layers over quickly as soon as top touches paper, as the bottom will not stick, but top of cakes will.

FILLING.

1 lemon.
1 cup sugar.
1 egg.
1 tbls. butter.
1 tbls. corn starch.
1 cup boiling water.

Put juice and grated rind of lemon in double boiler. Pour in boiling water; combine corn starch and sugar in mixing bowl, beat in egg, add this to mixture in double boiler. Cook until clear and somewhat thick, add butter just before removing from fire. Spread between layers and do not serve for twenty-four hours.

Mrs. D.F. Stevenson.

RAISIN CAKE.

4 eggs.
2 cups sugar.
1 cup butter.
1 cup milk.
3 cups sifted flour.
1 lb. seeded raisins.
1 grated cocoanut.
1 grated nutmeg.
1 grated orange peel.
1 t-spoon soda.
2 t-spoons cream of tartar.

Beat eggs separately, cream butter and sugar, add milk, beat all together. Mix soda and cream of tartar with flour, sift into batter, add raisins floured, cocoanut, nutmeg and orange peel.

Bake 50 minutes in moderate oven.

Mrs. J. P. Selzter,
South Carolina.

WALNUT SHORT CAKE.

1½ cups of sugar.
1 cup of cracker crumbs.
9 eggs beaten separately.
1 t-spoon Royal baking powder.
2 t-spoon vanilla.
4 dozen English walnut meats chopped fine.

Beat yolks and sugar, add crumbs and nuts, then baking powder and beaten whites. Bake in layers and put together and top with raspberry jam. Serve with whipped cream.

Mrs. Porter King.

PECAN WHITE CAKE.

2 cups sugar.
3 ¼ cups sifted flour.
½ cup milk.
1 cup chopped pecans.
1 cup butter.
8 egg whites.
2 t-spoons Royal baking powder.

Cream butter and sugar together gradually until very light. Have egg whites beaten stiff and add alternately with flour. Last, add milk into which the baking powder has been dissolved. Stir in nuts and put immediately into stove. Bake slowly two hours. Ice with plain white icing.

Mrs. Moreland Zellars,
Grantville, Georgia.

CHOCOLATE NOUGAT CAKE.

½ cup butter.
1 cup sugar.
2 eggs.
½ cup milk.
1-1 3 cups flour.
2½ t-spoons Royal baking powder.
¼ t-spoon salt.
2 squares chocolate.
½ cup raisins.
½ cup chopped walnut meats.

Cream butter and sugar together; add milk, beaten eggs, and melted chocolate. Sift together flour, baking powder, salt and add to mixture. Lastly add nuts and raisins which have been dredged in flour. Bake in greased pan in moderate oven 45 minutes.

Mrs. J. C. Wing,
Palmer, Mass.

UNCOOKED FRUIT CAKE NO. 1.

(very special).

2 lbs. seedless raisins.
2 lbs. currants.
¼ or ½ lb. citron as preferred.
1 t-spoon ground cloves.
1 t-spoon allspice.
1 t-spoon grated nutmeg.

Grind fruit through meat chopper as fine as possible. Cut the citron as for cooked fruit cake. Mix well, and press into a pan or vessel with sides straight, so the cake can be cut in even slices. Press for a day and night, when it will be ready for use. Though the blend is more perfect if left longer. A few almonds or other nuts may be added.

Mrs. Homer Dawson.

UNCOOKED FRUIT CAKE NO. 2.

1 lb. raisins.
1 lb. dates.
1 lb. figs.
1 lb. currants.
2 lbs. nuts, (shelled).
English walnuts preferred.

Chop nuts. Run the remaining ingredients through a food chopper. Knead well and moisten with juice of an orange, if necessary. Shape as desired. Wrap in parchment paper until ready to serve.

Mrs. L. C. Fischer.

DATE CAKE.

4 eggs.
2 cups dates.
2 t-spoons baking powder.
1 tbls. vanilla.
1 cup sugar.
2 cups pecan meats.
1 cup sifted flour.

Beat eggs and sugar together. Roll dates in about 3 tbls. of the flour; add these and rest of flour with baking powder to mixture. Add pecans and vanilla. Bake in moderate oven, using shallow pan.

Mrs. E. K. Ayer,

ENGLISH WALNUT AND RAISIN CAKE.

1 cup butter.
2 cups sugar.
2 lbs. seeded raisins.
1 t-spoon Royal baking powder.
1¼ cups milk.
3 cups flour.
4 eggs.
1 lb. English walnut (meats).
1 t-spoon vanilla.

Cut raisins in halves and roll walnut meats fine on biscuit board with rolling pin. To sugar and butter creamed thoroughly together, add yolks of well beaten eggs. Dredge raisins and wal-

nuts in the flour, add to above mixture with enough milk to moisten. Dissolve baking powder in balance of milk, add vanilla and stir well into mixture. Last add egg whites beaten very stiff. Pour in well greased tube pan and bake in moderate oven about 1 hour.

Mrs. Alonzo Richardson.
State Chair. and Vice-Pres., Atlanta Woman's Club.

WHITE FRUIT CAKE NO. 1.

3 cups sifted flour.
2 cups sugar.
1 cup butter.
1 cup milk.
2 t-spoons lemon extract.
1 lb. figs.
8 egg whites.
1 lb. almonds meats.
1 lb. English walnut meats.
1 lb. citron.
1 t-spoon baking powder.
2 tbls. rose water.
½ lb crystallized cherries.
½ lb. crystallized pineapple.

Cream sugar and butter, add milk, then two cups flour, using one cup flour to dredge fruit, then the egg whites beaten stiff—next cocoanut and flavoring—last the fruit dredged in the flour. Bake in a moderate oven about 3 hours.

Mrs. D. J. Jones.

WHITE FRUIT CAKE NO 2.

12 egg whites.
5 cups flour.
3 cups sugar.
1 cup butter.
1 cup milk.
2 lbs. almonds (in shell).
2 lbs. English walnuts in shell.
½ lb. candied citron.
1 grated cocoanut.
3 t-spoons Royal baking powder.

Cream butter with half the flour, add whites well beaten into which the sugar has been folded and slightly stirred. Then add remainder of flour in which baking powder has been sifted and milk, adding and beating alternately a little of the flour and then a little milk. Stir in cocoanut, nuts (chopped) and shredded citron. Leaving out fruits from above mixture makes a beautiful white cake when baked in a large tube pan and heavily iced, or makes lovely small cakes for parties if baked in large square pan, iced thickly on top, cut into squares before icing is set hard, a half of English walnut, pecan or crystallized rose pressed lightly into top of each square.

Mrs. Robert Andoe.

BIRTHDAY CAKE.

1 cup (½ lb.) butter.
2 cups (1 lb.) sugar.
4 eggs.
1 cup (½ pt.) milk.
1 cup (6 oz.) Sultana raisins.
½ cup currants.
¼ t-spoon salt.
1 t-spoon grated nutmeg.
1 t-spoon Royal baking powder.
4 cups flour.
1 wine glass brandy or fruit juice.
½ cup shredded citron.

Cream butter and sugar together. Add eggs, one at a time,

and beat well. Add milk, fruit and brandy, also flour sifted with baking powder, salt and nutmeg. Pour into a well greased papered cake tin. Bake in a moderate oven two hours. Turn out, and when cool cover with white frosting. If desired, this cake may be decorated with tiny shamrocks and candles. This is sufficient for 14 to 16 persons.

Mrs. Henry A. Manning.

JAPANESE FRUIT CAKE.

1 cup butter.
2 cups sugar.
3 cups flour.
4 eggs.
1 t-spoon vanilla.
1 cup milk.
1 level tbls. baking powder.
1 t-spoon each cloves and spice
1 t-spoon cinnamon.
½ lb. seeded raisins.

Cream butter and sugar thoroughly, add well beaten egg yolks Then add gradually the cup of milk. Put baking powder in flour, sift and add to mixture, alternating with well beaten egg whites. Divide this batter into 3 parts. Into one, put cloves, cinnamon, spice and raisins floured. Cook in layers.

FILLING.

2 lemons.
2 cups sugar.
1 cocoanut.
1 cup water.
1 tbls. corn starch.

Add juice of lemons and rind grated, sugar and cocoanut to water (boiling). Add corn starch and cook until mixture drops in lumps from a spoon. Spread between layers and ice with plain white icing.

Mrs. Fount Lane,
Roanoke, Ala.

EXCELLENT FRUIT CAKE.

2 scant cups butter.
3 cups dark brown sugar.
6 eggs.
1 lb. seeded raisins.
1 lb. currants.
1 lb. citron (cut in thin strips).
½ cup molasses.
½ cup sour milk.
4 cups sifted flour.
1 level t-spoon soda.
1 wine glass of wine or grape juice.
½ nutmeg.
1 tbls. cinnamon.
1 t-spoon cloves.
1 t-spoon mace.

Cream butter and sugar together thoroughly; add grated nutmeg, cinnamon, cloves and mace. Stir in molasses and sour milk, beat well. Add stiffly beaten egg yolks and the wine, stir again thoroughly. Add sifted flour, alternating with well beaten egg whites; add soda dissolved in a little water. Dredge cut up fruit with 2 heaping tbls. flour and mix thoroughly in the cake. Grease two average size baking pans, line with greased paper and bake in moderate oven 2 hours. Let cool in pan.

Mrs. J. L. Minson.

JAM CAKE.

2 cups sugar.
2/3 cup butter.
1 cup buttermilk.
2 t-spoons Royal baking powder.
2 t-spoon cinnamon.
2 cups jam.
1 t-spoon soda.
4 cups sifted flour.
6 eggs.
1 t-spoon each of cloves and nutmeg.
½ lb. seedless raisins.

Cream butter and sugar thoroughly. Add egg yolks, then buttermilk in which soda has been dissolved. Add spices and jam. Then fruit, which has been dredged in little flour. A little citron, sliced thinly, may be added. Last, add flour in which baking powder has been sifted, alternately with well beaten egg whites. Bake in layers in moderate oven or in loaf.

Mrs. E. V. Carter, Sr.

OLD VIRGINIA FRUIT CAKE.

6 eggs.
6 cups sifted flour.
3 cups sugar.
1 cup black molasses.
1½ cups butter.
3 lbs. raisins.
1 lb. currants.
2 lbs. figs.
1 lb. citron.
1 lb. nut meats.
1 t-spoon each cloves and mace.
1 tbls. cinnamon.
1 wine glass brandy.
1 t-spoon soda dissolved in
1 cup buttermilk.

Cream butter and sugar together; add well beaten eggs. Stir spices into molasses and add to mixture; then pour in buttermilk. Cut fruit in pieces and dredge with flour. Stir in mixture; add remaining flour. Stir in brandy. Bake very slowly for 5 or 6 hours over large pan boiling water.

Mrs. Harry L. Wills.

SUPERIOR FRUIT CAKE.

3 lbs. sifted flour.
1 lb. butter.
1 lb. sugar.
3 lbs. stoned raisins.
2 lbs. currants.
¾ lb. blanched almonds.
½ lb. crystallized pineapple.
½ lb. crystallized cherries.
1 doz. eggs.
1 tbls. allspice.
1 t-spoon cloves.
2 tbls. cinnamon.
2 nutmegs (grated).
1 cup molasses.

Add spices to molasses, steep gently twenty or thirty minutes (not boiling hot). Beat the eggs very light; add fruit, stirring it gradually. Also 1 t-spoon of soda, dissolved in a tbls. of water. The fruit should be cut in pieces and well floured. If necessary, add flour after fruit is in mixture. Butter a sheet of paper and lay in pan. Pour in cake mixture and bake 3 or 4 hours, according to the thickness of the loaves, in a moderately hot oven with a steady heat. Allow cake to cool in the oven gradually. Ice when

cold. It improves this cake to add 1 t-spoon of baking powder to the flour.

Mrs. J. P. Snelgrove.

PRIZE BLACK CAKE.

1 cup butter.
2-2/3 cups brown sugar.
2½ cups flour.
1½ cups molasses.
6 eggs.
6 cups currants.
4 cups seeded raisins.
4 cups shredded citron.
2 t-spoons Royal baking powder.
½ cup sherry wine or fruit juice.
1 t-spoon powdered cloves.
1 desert spoon powdered cinnamon.
1 tbls. powdered ginger.
1 nutmeg (grated).

Add spices to one-half of sugar, cream this and butter well together. Stir remainder of sugar in well beaten egg yolks. Dredge currants and raisins (cut into halves) in the flour, stir baking powder and wine in molasses. Mix above ingredients together (except citron). Beat in egg whites. Put one-fourth of mixture in large tube pan lined with greased paper. Sprinkle in layer of citron and repeat this until batter and citron are used. Bake in moderate oven about 4 hours. Place a large pan of boiling water under cake to keep moist and prevent burning.

Mrs. Henry A. Manning.

CHEAP FRUIT CAKE.

1 cup dried fruit (apples or peaches).
1 cup molasses.
1 egg.
1 cup sugar.
3½ to 4 cups flour.
1 cup raisins, lightly floured.
1 t-spoon soda.
1 cup buttermilk.
1 t-spoon cloves.
1 t-spoon nutmeg.
1 t-spoon cinnamon.

Dissolve soda in buttermilk. Soak the dried fruit over night, drain, and cook with the molasses until the mixture is thick. Add the butter to the hot mixture and allow it to cook before adding the remaining ingredients. Bake cake in moderate oven. This makes a good-sized loaf.

Miss Esther Stubbs.

DIVINITY FILLING.

3½ cups sugar.
2/3 cup hot water.
2/3 cup white Karo syrup.
3 egg whites.

Dissolve syrup in the hot water; pour over the sugar and cook until it ropes. Have whites of the eggs beaten to a stiff froth; pour the above mixture on the eggs slowly, and beat as for icing. When it begins to harden, it is necessary to work rapidly. Use your own tried and favorite recipe for the white cake and sprinkle chopped nuts between the layers.

Mrs. J. B. Bussey, Cuthbert, Ga.
Past President 3rd District.

CHOCOLATE CAKE FILLING NO 1.

3 cups sugar.
3 tbls. Karo syrup.
1 cup milk.
1 cup grated chocolate.
2 tbls. butter.

Cook sugar, syrup, milk and grated chocolate until it forms soft ball in water. Remove from stove and add butter; beat until creamy. This will ice and fill one cake.

Mrs. Lela C. McKinney.

CHOCOLATE FILLING NO 2.

2 eggs.
2 cups sugar.
¼ cake chocolate (cocoa if desired).
½ cup milk.
1 t-spoon vanilla.
Butter size of walnut.

Cream eggs and sugar; add milk and cook until mixture thickens; then add butter and vanilla. Beat until it is the right consistency to spread between cake layers. This mixture fills, covers top and sides of a three layer cake.

Mrs. D. M. Therrell.

MOCHA FILLING

1 lb. pulverized sugar.
6 tbls. cocoa.
4 tbls. butter.
5 tbls. strong liquid coffee.
4 t-spoons vanilla.

Cream sugar, cocoa and butter together; add coffee slowly, stiring mixture until right consistency. Add vanilla, spread between layers, on top and sides of cake.

Mrs. Nellie B. Dumas.

BUTTER FILLING FOR SPONGE CAKE.

¾ cup butter.
2 cups sugar.
¾ cup boiling water.

Mix all together, boil until it thickens. Remove from fire and beat. This quantity is sufficient for one layer.

Mrs. Capers Hightower,
Thomaston, Ga.

SHERRY GINGER CAKE.

3 cups sifted flour.
1 cup sugar.
1 t-spoon each Cinnamon & Ginger.
1 t-spoon soda.
¼ cup sherry.
1 cup sour milk.
1 cup molasses.
1 egg.
½ cup shortening.
1 t-spoon orange juice.
½ t-spoon orange peel (grated).

Cream sugar and shortening; beat in egg. Add spices, then milk in which soda has been dissolved. Add flour gradually—flavoring. Bake in layer tins. Put together with boiled icing into which a cup of chopped raisins has been added.

Mrs. Hamilton Douglas,
Parliamentarian Atlanta Woman's Club.

UNCOOKED FILLING.

1 egg white.
1 cup powdered sugar.
½ t-spoon extract.
Nuts, candied fruit or cocoa if desired.

The egg should be cold and the platter on wnich it is beaten also cold. Sift the powdered sugar. Sprinkle small quantity of sugar over egg-white as soon as you begin beating; keep adding at intervals until all is used. The egg must not be beaten until the sugar has been added in this way, which gives a smooth, tender frosting. Spread with a broad knife over the layers and on top of cake. Dip knife constantly into hot water in order to smooth icing. If it seems too thin beat in a little more sugar.

This recipe may be varied as desired by the addition of extract, finely chopped nut-meats or candied fruit, chocolate or coloring. The extract and coloring should be added soon after beating is begun; the other ingredients just before spreading on cake.

Miss Esther Stubbs.

FRENCH FILLING.

4 tbls. cream.
1 t-spoon vanilla.
1½ cups fine sugar.
2 tbls. melted butter.

Add sugar and butter gradually until thoroughly mixed; stir in cream add vanilla. Beat well.

Mrs. C. B. Rawling.

COCOANUT FILLING

2 cups sugar.
2 egg whites.
1 tbls. lemon juice.
1 cup water.
2 cups grated cocoanut.
Pinch cream of tartar.

Boil sugar, cream of tartar and water together until syrup spins a thread, adding lemon juice a few minutes before removing from fire. Beat until right consistency to spread. Place icing on layers and top of cake, sprinkle generously with the cocoanut.

Mrs. J. F. Ryan.

LEMON CHEESE FILLING

6 egg yolks.
½ cup water.
2 tbls. corn starch.
1 orange (juice annd rind).
1 slice crystallized pineapple.
¾ cups sugar.
2 tbls. butter.
1 lemon (juice and rind).
2 cans cocoanut.
1½ cups crystallized cherries.

Cook yolks sugar, water, and other ingredients together in double boiler until very thick. When cool enough to put between layers, add cocoanut (straining off all milk) and crystallized fruit (cut fine).

Mrs J. W. Goldsmith.

ORANGE GLACE ICING

1½ cups confectioner's sugar.
¼ t-spoon baking powder.
1 orange (juice).
Few drops yellow coloring.

Add orange juice (strained) to sugar, stir well and dissolve over fire. Add coloring and baking powder. If necessary a little warm water may be added. This icing should not be hot, only warm. Sufficient to ice one small cake.

Mrs. H. A. Manning.

SOFT WHITE ICING.

2 egg whites.
3 cups sugar.
Flavoring.
½ t-spoon cream of tartar.
½ t-spoon baking powder.

Mix sugar, cream of tartar and baking powder. Cover with water (add only enough to cover) and when this begins to boil add by the spoonful, as it boils, until all has been used, to the whites which have been broken up but not beaten. Flavor. Will be soft but firm.

Mrs. Wm. L. Percy.

MARSHMALLOW FROSTING.

1 cup sugar.
1/3 cup water.
1 egg white.
1 cup marshmallows cut fine.
1 square chocolate.

Boil sugar and water until it spins a thread. Pour slowly on the egg-white, beating constantly with a wire whisk. Put in half of marshmallows at once and when dissolved spread first layer. Put in remainder of marshmallows beat a little longer; then spread on top layer. Melt the chocolate and from a distance of one foot from cake shake the chocolate on gently.

Mrs. M. H. Stevens.

WHITE ICING

¾ cup sugar.
1/3 cup water.
1 egg white.

Cook sugar and water until it threads when poured from a spoon. Beat egg to a stiff froth and pour on the syrup slowly in a fine stream. Beat until it is thick enough to spread.

Mrs. W. D. Coleman.

UNUSUAL CHOCOLATE ICING

1 cup confectioner's sugar.
2 tbls. cocoa.
2 tbls. butter.
½ t-spoon vanilla.
Strong hot coffee.

Cream sugar, cocoa and butter well together; add vanilla and enough coffee to make right consistency to spread.

Mrs. A. C. Plage, East Lake

CARAMEL ICING.

1 cup brown sugar.
1 tbls. butter.
2 or 3 tbls. sweet or sour milk.
1 t-spoon vanilla.

Melt the brown sugar until like butter scotch. Add milk and let boil until it forms a soft ball in cold water. Add vanilla just before taking from stove and put on cake while hot.

Mrs. S. B. Phillips.

BOILED FROSTING

2 cups milk.
1 cup sugar.
1 tbls. butter.
1 cup almonds (chopped fine).
1 level tbls. flour.
1¼ egg yolks.
1 cup shredded citron.

Add sugar and butter to milk and bring to boiling point. Blend flour with remainder of milk, add well beaten yolks and pour into above mixture; stir and cook until it thickens, and when cool add vanilla. Divide in two portions, add almonds to one-half and citron to the other half; put almonds on the first and citron on the second. Place them together and top with white icing.

Miss Wynnette Manning.

BOILED ICING

1 cup sugar.
1 egg white.
½ cup water.
Flavoring.

Boil sugar and water until syrup spins a thread; pour very slowly into beaten eggs, beat smooth. Spread on cake.

Mrs. R. L. Mason.

RELIABLE OR SEVEN MINUTE ICING.

7/8 cup sugar.
3 tbls. cold water.
1 egg white (unbeaten).

Place above ingredients in double-boiler, have water in lower boiler boiling briskly and high enough to surround upper boiler containing icing. Beat constantly with Dover egg-beater seven minutes. Remove from fire, add 1 doz. marshmallows cut in fourths, flavor and ice cake. If above directions are followed and right utensils used this icing will never fail to be proper consistency.

VARIATIONS OF RELIABLE ICING.

Chocolate.

Add 4 tbls. grated chocolate when removing from fire.

Caramel.

Melt ¼ tbls. sugar in small pan (stirring constantly) until light brown sirup, add 1 cup boiling water and cook to a sirup consistency. Add 2 tbls. this caramel sirup to icing. Pineapple juice may be used instead of water.

Mrs. J. Carlisle Smith.
Los Angeles, Cal.

DATE BARS.

4 cups dates.
2 cups nuts.
2/3 cups brown sugar.
2/3 t-spoon baking powder.
Pinch of salt.
2 eggs.
2/3 cup of flour.

Cream the sugar with yolks of eggs and add whites beaten light. Add the flour in which baking powder and salt have been mixed. Stir in the dates and nuts, spread in a buttered pan and bake in a quick oven. When cold cut in squares.

Mrs. Omar F. Elder,—State Chairman.

DATE STICKS.

1 cup dates.
1 cup sugar.
1 cup nut meats.
1 cup flour.
2 eggs.
2 tbls. milk.
1 t-spoon Royal baking powder.

Cut dates in four (4) pieces, break up nuts and mix with dates; add sugar then milk with yolks of the eggs—put in mixture and mix well, then the flour with the baking powder. It will seem too stiff but not so—bake in biscuit pan about ½ hour and cut sticks and roll in powdered sugar.

This is very nice for picnics, afternoon teas, etc. If you like they can be cut in little squares for tea.

Mrs. George Brower,—Auditor Woman's Club.

FRUIT BARS.

1 cup sugar.
1 cup nut meats.
1 cup flour.
1/8 t-spoon salt.
3 eggs.
1 cup dates cut up.
1 t-spoon Royal baking powder.

Beat sugar and eggs together; sift baking-powder and salt together. Combine all ingredients, adding last the dates and nuts which have been dredged in flour, and pour into a large, greased pan and bake ½ hour. It may then be frosted, or else cut in bars, and dipped in powdered sugar. This recipe makes 2½ dozen.

Mrs. Clayton Mosher,
Dunkirk, N. Y.

BOSTON COOKIES.

1 cup butter or substitute.
1½ cups sugar.
3 eggs.
1 t-spoon soda.
1½ tbls. hot water.
3¼ cups (sifted) flour.
1 t-spoon salt.
1 t-spoon cinnamon.
1 cup chopped nuts.
½ cup currants.
½ cup raisins (chopped).

Cream butter and sugar, add well beaten eggs, then soda dissolved in hot water and half of flour with salt and cinnamon, then add nut meats, fruit and remaining flour. Drop by spoonfuls on buttered sheets about an inch apart. Bake in moderate oven.

Mrs. W. W. Berley.
South Carolina.

PECAN STRIPS.

2 cups brown sugar.
1½ cups flour.
1 cup pecan meats.
1½ t-spoons baking powder.
1½ t-spoons vanilla.
4 eggs.

Beat eggs separately, then mix with sugar and cook in double boiler, stirring until mixture begins to thicken. Cool, then stir in other ingredients. Bake about 20 minutes in a biscuit pan. Cut in inch wide strips and dust with powdered sugar.

Mrs. Eugene Black.

OATMEAL JUMBLES.

2 cups oatmeal.
1 cup sugar.
½ cup butter.
2 cups seeded raisins.
1 t-spoon soda.
1 t-spoon vanilla.
2 cups flour.
½ cup lard.
¼ cup milk.
2 eggs.
1 t-spoon each cloves, allspice.

Combine soda, flour, spices and oatmeal. Cream butter, lard, and sugar together, add beaten eggs; stir the two mixtures together and add milk. Drop off spoon on buttered tin and bake.

Mrs. J. W. Hardwick.

TEA CAKES (VERY GOOD).

2 eggs.
½ cup butter.
2 t-spoons Royal baking powder.
Flour.
1 cup sugar.
2 tbls. milk.
1 t-spoon vanilla.

Cream butter and sugar well; add eggs beaten together, then milk and flavoring, sift in baking powder. Add sufficient flour to this mixture to make stiff dough. Roll ¼ inch thick and cut any desired shape. Bake in moderate oven.

Mrs. J. E. Collier.

SOFT GINGER BREAD.

½ cup butter.
1 cup sugar.
1 cup molasses.
1 cup sour milk.
4 cups sifted flour.
1 cup chopped raisins.
2 eggs.
1 tbls. ginger.

Add above ingredients in order given; beat well together. Dissolve 1 t-spoon soda in ½ cup cold water and stir in the last thing.

Mrs. R. S. Hilley.

FRUIT COOKIES.

1 cup butter.
1½ cups sugar.
2 cups flour.
½ t-spoon salt.
½ cup raisins.
½ cup currants.
1 t-spoon soda.
1½ tbls. boiling water.
1 t-spoon each cloves, cinnamon and allspice.
1 cup nuts (chopped fine).

Mix sugar and butter, beat in eggs. Add soda dissolved in boiling water. Mix flour and spices and add to mixture. Then sift one and one-fourths cups flour and into this roll the nuts, raisins and currants. Add this to balance of mixture. The dough will be very stiff. Drop one teaspoonful at a time on buttered pan —put far enough apart that cookies may spread. Bake very slowly. Requires about one-half hour to cook.

Mrs. John R. Hansbrough.

KEWPIES.

1 cup butter or Crisco.
1½ cups brown sugar.
3 eggs (beaten).
3 cups flour.
1 level t-spoon soda.
2 cups nut meats.
1 lb. raisins.

Mix together into a stiff batter. Drop by teaspoonfuls on a warm greased pan and bake. If Crisco is used, add 1 t-spoon salt to mixture.

Mrs. E. B. Havis, Jr.

CHOCOLATE DROP CAKES.

½ cup butter.
½ cup milk (sour).
1 cup brown sugar.
1 cup dates.
½ cup raisins.
2 cups nut meats.
1 egg.
½ t-spoon soda.
2 tbls. cocoa.

Cream butter and sugar. Add milk and well beaten egg. Add soda dissolved in 1 t-spoon of water. Add to above cocoa, and flour to make batter stiff enough to drop from spoon. Add raisins, dates and nut-meats. Bake on greased pan.

Mrs. D. P. Spang.

ROLLED WAFERS.

¼ cup butter.
½ cup powdered sugar.
¼ cup milk.
7/8 cup bread flour (Capitola).
½ t-spoon vanilla.

Cream the butter, add sugar gradually, and milk drop by drop; then add flour and flavoring. Spread very thinly with a broad, long-bladed knife on a buttered inverted dripping pan. Crease in 3 in. squares, and bake in a slow oven until delicately browned. Place pan on back of range, cut squares apart with a sharp knife, and roll while warm in tubular or cornucopia shape. If squares become too brittle to roll, place in oven to soften. If rolled tubular shape, tie in bunches with narrow ribbon. These are very attractive, and may be served with sherbet, ice cream, or chocolate. If rolled cornucopia shape, they may be filled with whipped cream just before sending to table. Colored wafers may be made from this mixture by adding leaf green or fruit red. If colored green, flavor with ¼ t-spoon almond and ¾ t-spoon vanilla. If colored pink, flavor with rose. Colored wafers must be baked in a very slow oven and turned frequently, otherwise they will not be of uniform color that is desired.

Hazel Allison Stevenson.

MACAROONS.

½ lb. almond paste.
Whites 3 eggs.
3/8 lb. powdered sugar.
(get this from baker or confectioner).

Work together almond paste and sugar on a smooth board or marble slab. Then add whites of eggs gradually, and work until

mixture is perfectly smooth. Confectioners at first use the hand, afterwards a palette knife which is not only of use for mixing but for keeping board clean. Shape, using a pastry bag and tube, on a tin sheet covered with buttered paper, ½ inch apart; or drop mixture from tip of spoon in small piles. Macaroon mixture is stiff enough to hold its shape, but in baking spreads. Bake 15 or 20 minutes in a slow oven. If liked soft, they should be slightly baked. After removing from oven, invert paper, and wet with a cloth wrung out of cold water, when macaroons will easily slip off.

Mrs. George S. Obear, Jr.

INDIVIDUAL NUT CAKES.

Makes 24

1 cup brown sugar.
1 cup nut meats.
1 cup flour.
1/3 t-spoon soda.
½ t-spoon salt.
2 eggs.

Combine sugar, salt, soda and flour together, add nut meats and then add the two eggs *unbeaten* to this. Stir only enough to mix. Bake in moderate oven in tiny muffin rings, which have been oiled and floured.

Mrs. H. B. Rogers.

COCOANUT COOKIES.

Whites of 2 eggs beaten stiff.
1 cup sugar.
2 cups corn flakes (crumbled).
1 cup shredded cocoanut.

Mix well and drop on buttered pan in small cakes and brown slowly.

Mrs. W. W. Berly.

CONFECTIONERY.

Mrs. George Obear, Chairman.

DIVINITY CREAMS.

1st mixture:
1 cup Karo.
1 cup water.
3 cups white sugar.

Boil together to soft ball degree.

2nd mixture:
1 cup sugar.
3 egg whites.
1 t-spoon vanilla.
4 tbls. water.
1 cup nuts.

Boil sugar and water together until spins a thread. Pour this over well beaten egg whites. Combine first and second mixture, beat well, adding nut meats and vanilla. Drop from spoon on buttered paper.

Mrs. W. M. Seay.

STUFFED DATES.

2 cups granulated sugar.
¼ t-spoon cream of tartar.
5 drops or more desired coloring.
¾ cup cold water.
1/8 t-spoon salt.

Stir above ingredients together in saucepan until sugar is dissolved. Place over fire, boil rapidly to soft ball degree. (Do not stir mixture after beginning to boil) Test by dropping little of syrup in cold water. Remove from fire, let stand until about lukewarm; then stir rapidly until mixture begins to gather into a solid mass. Knead with the hands until fondant is the right consistency. Cut off small pieces and stuff dates from which stones have been removed. Lay on oil paper in cool place for at least 12 hours. Fondant should not be made in damp weather.

Mrs. W. E. Andrews.

DATE LOAF.

3 cups sugar.
1 cup milk.
Butter size of walnut.
1 cup nut meats.
1 pkg. dates.

Boil sugar and milk together to soft ball degree. Do not stir after liquid begins to boil. Add butter and dates, which have been stoned, and cut in small pieces. Let boil up once or twice; then remove from fire. Beat until stiff and creamy, add nuts and continue beating until mixture is stiff enough to stand. Place in clean cloth, which has been wrung in cold water. Roll into a loaf, and when cold cut in slices.

Mrs. William A. Davis.

BAKED BONBONS.

1 egg.
Orange extract.
1¼ cups brown sugar.
Chopped hickory nuts.
Pinch salt.

Beat egg to a stiff froth, adding gradually brown sugar and salt. When smooth and creamy flavor with orange extract. Stir in enough chopped nuts to form a stiff paste, spread in sheets on greased pans. Bake about 20 minutes in a moderate oven. Cut into squares when cold.

Mrs. A. H. Hazzard.

BETTY CARAMELS.

2 cups brown sugar.
½ cup milk.
1 tbls. butter.
1 t-spoon coffee extract.
1 cup pecan nut meats.

Cook sugar, milk and butter until it forms a soft ball when dropped in cold water. Add nut meats and extract. Roll into large marbles and place on wax paper.

Mrs. Annabelle Champion Banks,
Greenwood, Fla.

CARAMEL CANDY.

2 cups white sugar.
2 cups brown sugar.
1 cup milk.
½ cup butter.
Few drops vanilla.

Place sugar, milk and butter in boiler, and cook until a drop will harden in water. Add vanilla. Pour on buttered dish and let cool. Stir while cooking.

Miss Florence Obear.

MAPLE CARAMELS.

1 lb. maple sugar.
1 pt. milk.
1 cup pecan meats.
½ cup black walnut meats.

Boil maple sugar, broken up, in milk, stirring occasionally to avoid burning, until a little of it hardens when dropped in cold water. Remove from fire and stir in nut meats. Then mold into balls.

Mrs. Edward Porter Van Valkenburgh.

TUTTI FRUTTI FUDGE.

3 cups sugar.
1 cup milk.
2 t-spoon butter.
2 slices crystallized pineapple.
1 orange.
1 cup English walnut meats.

Cook sugar, milk and butter together, stirring constantly, until it forms a soft ball when tested in cold water. Add juice of orange. Remove from stove and add nuts and pineapple, which have been broken in small pieces. (Cherries may also be used). Beat until creamy. Pour into buttered dish. Mark into squares.

Mrs. S. A. Ledbetter,

ANGEL FUDGE.

3 cups white sugar.
½ cup boiling water.
3 egg whites.
Pinch of salt.
2/3 cup (Red Label Karo.)
1 cup nut meats.
1 t-spoon vanilla or almond.
½ t-spoon Royal baking powder.

Boil sugar, syrup, water and salt until brittle or forms a hard ball in cold water, pour slowly into stiffly beaten egg whites, beating constantly with wire whisk. When nearly cool add baking powder, nuts and flavoring. Beat together. Drop on buttered or waxed paper by spoonfuls. Half walnuts and half almonds may be used.

Mrs. Tull C. Waters.

CHOCOLATE FUDGE.

3 sq. chocolate of ½ lb block
or, 6 heaping t-spoons cocoa.
1 lump butter size walnut.
4 cups sugar.
¾ cup evaporated milk.

Cook until it forms a soft ball when tested in water. Remove from fire, beat. When begins to candy add 2 t-spoons vanilla and turn into a greased dish. Mark in squares when a little cool.

Mrs. John Hardwick.

ROSE CREAM MINTS.

1½ cups sugar.
2 tbls. white corn syrup.
¼ cup water.
White 1 egg.
4 drops oil wintergreen.
Pink coloring.

Put sugar, corn syrup and water into a smooth granite saucepan, heat gradually to boiling point, and boil without stirring until syrup will spin a long thread (238°F.). Pour slowly on the beaten white of egg, and beat until mixture will hold shape. Add flavoring and coloring. Force on an oiled paper, using a pastry bag and rose tube. The work must be done quickly.

Miss Hazel Allison Stevenson.

MOLASSES CANDY.

1 cup brown sugar.
1 tbls. vinegar.
½ t-spoon soda.
1 cup molasses.
2 tbls. melted butter.

Stir above ingredients together. Boil until brittle when tested in cold water. Just before removing mixture from fire stir in soda. Pour in buttered tins.

Estelle Cresse.

PEANUT BUTTER CREAM CANDY.

2 cups sugar.
¾ cup water.
¾ cup peanut butter.

Make the same as pulling candy; pour on marble slab or platter, add peanut butter and pull until creamy.

Mrs. Arthur Stitt.

"MODERN TOPICS" CANDY

2 cups granulated sugar.
2 cups milk.
2 cups shelled pecans.
1 pkg. dates.
1 tbls. butter.
1 pinch salt.

Cook sugar and milk until it forms a soft ball. Remove from fire, add butter, salt, dates. Mix thoroughly, then add nuts and beat like fudge. Pour on buttered platter and cut into oblong pieces.

Mrs. L. T. Patillo.

FRENCH NOUGAT.

½ lb. confectioner's sugar.
Confectioner's chocolate.
¼ lb. almonds, blanched and finely chopped.

Put sugar in a saucepan, place on range, and stir constantly until melted; add almonds, and pour on an oiled marble. Fold mixture as it spreads with a broad-bladed knife, keeping it constantly in motion. Divide in four parts, and, as soon as cool enough to handle, shape in long rolls about 1 3 inch in diameter, keeping rolls in motion until almost cold. When cold snap in pieces 1½ inches long. This is done by holding roll at point to be snapped over the sharp edge of a broad-bladed knife and snapping. Melt confectioners' chocolate over hot water, beat with a fork until light and smooth, and when slightly cooled dip pieces in chocolate and

with a two-tined fork or bonbon dipper remove from chocolate to oiled paper, drawing dipper through top of each the entire length thus leaving a ridge. Chocolate best adapted for dipping bonbons and confections must be bought where confectioners' supplies are kept.

Mrs. D. F. Stevenson.

NOUGATINE DROPS.

Drop French Nougat mixture from the tip of a spoon on an oiled marble very soon after taking from fire. These drops have a rough surface. When cold, dip in melted confectioners' chocolate.

Mrs. D. F. Stevenson.

FONDANT.

2 cups sugar.
½ cup boiling water.
1 t-spoon flavoring.
1/8 t-spoon cream of tartar.
½ t-spoon glycerine.
10 drops desired coloring.

Stir sugar, water, cream of tartar and glycerine together and place on fire in smooth granite saucepan. Boil rapidly without stirring until a jelly like ball will form in cold water. Pour into a bowl, cool, and beat until white and creamy. Knead until smooth. Return to bowl and cover with oiled paper and let stand 1 hour. When ready to use reheat until soft, take off fire and knead as formerly. Then flavor, color and make into fancy shapes.

Mrs. Katherine S. Fitts.
Club Cateress.

PEANUT BUTTER CANDY.

3 cups white sugar.
2 tbls. butter.
Few drops vanilla.
1 cup brown sugar.
1 medium jar peanut butter.

Cover sugar with water and cook until it strings. Pour on a greased marble slab and pour peanut butter over the candy. Pull and then place on a dish. If it does not cream put dish with candy in stove and in a few minutes it will be creamed.

Mrs. L. C. Flanders.

PEANUT BRITTLE.

1 cup sugar.
1 cup nuts.

Prepare, roll fine, and measure nuts. To every cup of nuts allow 1 of sugar, white or brown, or both combined. Put the sugar without water in a saucepan over a slow fire. Stir until sugar is all in liquid form. Stir in the nuts and pour into well-buttered pan. Just before it is cold mark off into squares with back of knife dipped in cold water. Any kind of nut can be used.

Miss Lillian Pierpont.

POPCORN BALLS.

Pop the corn in an iron vessel in very hot lard that has been salted. Dip off the popped grains into a bowl or pan. Make a syrup

of 1½ cups of granulated sugar and ¼ cup of water. Let this boil until a soft ball forms when dropped into cold water. Pour the syrup over the popped corn, stirring the corn all the time. Then, with the hands, form the corn into balls.

Mrs. W. F. Melton.
Emory University, Ga.

POP-CORN BALLS.

4 qts. pop-corn.
2 cups molasses.
1 cup sugar.
1 cup water.

Cook all except corn until candied, stir in corn. Mold in balls before it is cold. Oil fingers if they stick.

Elizabeth Garretson.

PARISIAN SWEETS.

1 lb. figs.
1 lb. dates.
1 lb. English walnuts.
Confectioner's sugar.

Pick over and remove stems from figs and stones from dates. Mix fruit with walnut meat, and force through a meat-chopper. Work, using the hands, on a board dredged with confectioners' sugar, until well blended. Roll to one-fourth inch thickness, using confectioner's sugar for dredging board and pin. Shape with a small round cutter, first dipped in sugar, or cut with a sharp knife in ¾ inch squares. Roll each piece in confectioners' sugar, and shake to remove superfluous sugar. Pack in layers in a tin box, putting paper between each layer. These confections may be used at dinner in place of bonbons or ginger chips. A combination of nut meat (walnut, almond, and filbert) may be used in equal proportions.

Mrs. Clyde Allison Stevenson.
Camilla, Ga.

CHOCOLATE CREAM CANDY.

2 cups sugar.
¾ cup milk.
½ cup cocoa or ¼ cake choc.
20 marshmallows.
1 t-spoon vanilla.
Butter size of walnut.

Boil sugar, milk, cocoa and butter until it forms a rather firm ball in cold water. Remove from fire, add marshmallows and vanilla; beat until creamy. Pour on platter, when cool cut in squares.

Mrs. Arthur Stitt.

Courtesy Mrs. R. F. Maddox

DINNER TABLE

CHAPTER X.

DINNERS.

SOUPS.

Mrs. J. M. Manry, Chairman.

We begin a meal with soup to start the flow of the digestive juices. The clear soups have very little food value. All soups should be started with cold water, heating slowly, and never allowed to cook above the simmering point.

Mary P. Means.

CREAM OF ONION SOUP.

Salt.
2 cups onions.
1 cup of cold water.
White pepper.
1 cup milk.
2 tbls. flour.

Place 2 cups of thinly sliced onions in sauce pan and add 1 cup of cold water. Cook until soft and then rub thru a fine sieve. Measure and return to sauce pan, and add 1 cup of milk for every cup of onion puree and 2 level tbls. flour to every cup of milk. Stir to dissolve flour then bring to a boil and cook slowly for 5 mins. Season, using salt and white pepper. Serve, then add 1 tbl. of butter to every qt. of cream soup. Croutons or toasted strips of bread make a delicious accompaniment to the cream soup. (See receipe) for croutons.

Method Of Preparing Croutons.

Cut slices of bread into one-inch blocks, and place on a baking sheet and bake until golden brown. Place in a tin box or jar and seal. When ready to use just reheat to crisp and then serve. Stale bread may be used for this purpose.

Mrs. Newton C. Wing.

VEGETABLE SOUP.

1 chicken.
or
1 soup bone (beef).
2 t-spoons salt.
6 ears corn.
3 Irish potatoes.
¼ t-spoon pepper.
1 can tomatoes.
1 onion.
1 pt. lima beans.
3 slices b. bacon.
2 qts. water.

Dress chicken, cut in small pieces, place in pot with water, cook until meat drops from bone, add salt, pepper, onion, tomatoes, beans, and potatoes cut fine. Cook slowly 1½ hrs. then fry bacon crisp, mince fine, pour bacon and grease into soup mixture, cut corn from cob, add and cook 10 mins. Serve with Virginia corn pones. (See recipe under Breads.)

Mrs. Jesse M. Manry.

CLAM SOUP.

1 pt. water.
1 small onion.
1 qt. clams.
1 qt. milk.
3 potatoes.
1 tbls. butter.
Salt and pepper.

Chop clams, potatoes and onions fine; add salt and pepper to taste. Cook in water 15 minutes. When ready to serve, add milk boiling hot.

Mrs. C. B. Cresse.

RED KIDNEY BEAN SOUP.

(Very delicious).

1 pt. kidney beans.
(soaked over night).
2 qts. cold water.
2 whole grains pepper.
1 egg.
Small steak bone
Salt to taste.
2 bay leaves.
12 whole cloves.
6 whole spice.
1 gill cream.
1 small onion.
1 lemon.

Place steak bone and beans on in the cold water, add bay leaf, cloves, pepper and spice. Boil slowly 3 hours, adding water if necessary. Add onion sliced. Boil 2 hours longer, mash thru sieve twice. When ready to serve add salt, cream, sherry, lemon sliced thin, egg boiled hard and chopped fine.

Mrs. Albert Thornton,
Pres. Atlanta City Federation Woman's Clubs.

CREAM OF TOMATO SOUP.

1 can tomato soup.
1 pt. milk.
½ pt. cream, whipped.
Salt.

Combine soup and milk, add seasoning, and heat. Drop spoonful of whipped cream on each serving, and sprinkle paprika over top.

Mrs. A. C. Plage,
East Lake.

FISH AND OYSTERS.

Mrs. C. E. Cresse, Chairman.

All sea food spoils easily and therefore should be kept very cold and used as soon after catching as possible. In buying fish, see that the gills are bright red the flesh firm, and the eyes bright. Oysters should be cooked as little as possible, never after they begin to shrivel.

M. P. Means.

PLANKED FISH.

1 fish.
2 tbls. butter.
1 t-spoon parsley.
4 medium size potatoes.
1 lemon.
Salt and papper to taste.

Prepare a whole fish, weighing about 3 lbs. as for baking. If possible remove backbone. Have ready a smooth oak plank 1x8x12 inches long. Heat Plank hot, place fish on it, and bake in oven about 1 hour according to size of fish. Remove from oven, salt and pepper to taste. Have potatoes cooked, mashed and seasoned. With pastry bag and tube place 2 rows of potatoes around fish. Return to oven and brown. When well browned dress fish with sauce of butter, lemon juice and chopped parsley. Garnish with slices of lemon and sprigs of parsley.

Mrs. J. A. Carlisle.

BAKED TUNA FISH.

1 seven ounce can Tuna fish.
4 cups bread crumbs.
1½ t-spoon Royal bkg. powder.
1 green bell pepper (chopped).
Butter size of walnut.
2 eggs.
1 onion (chopped).
½ t-spoon celery seed.
¾ cups milk or water.

Mix all ingredients with Tuna fish and bake in a Pyrex dish 30 minutes. Serve with tartar or Worcester sauce.

Mrs. W. F. Melton,
Emory University, Ga.

BROILED SHAD.

Select male shad, split down the back. Use a double grid iron. Heat it and rub the bars with a piece of suet before laying on the fish. Broil ten or fifteen minutes, according to the size, turning frequently prevents scorching. It is done when the bone will lift readily from the flesh.

Miss May Tindall.

BROILED MACKEREL.

Select choice mackerel, split open on back. Pour over fish 2 t-spoons of melted butter. Place in hot pan and broil. Turn, cooking about 15 minutes. Place in hot platter, pouring over a little melted butter. Season with salt and pepper and garnish with sliced lemon and sprig of parsley.

Mrs. Jesse M. Manry.

SHRIMP GUMBO.

Butter size of egg.
1 small onion.
1 green pepper.
Salt and pepper.
1 can tomatoes.
Parsley.
Little celery.

Brown onion (minced) in butter, thicken with a little flour, then add tomatoes and other vegetables all minced fine and seasonings. Thoroughly wash shrimps, and add to mixture.

Mrs. S. S. Selig, Jr.

FRIED FROG LEGS.

Skin legs and let stand in salt water one hour. Wipe dry, season, roll in flour or cracker crumbs and fry brown.

Mrs. G. T. Weaver.

FRIED FISH.

Wipe fish dry inside and out with clean towel. Season with pepper and salt and roll in corn meal. Fry in boiling deep fat, preferably lard, as it browns them better and they keep firmer.

Mrs. L. R. Smith.

DELICIOUS SHAD ROE.

1 shad roe.
1 cup hot water salted to taste.
1 level tbls. flour.
1 level tbls. butter.

Clean roe well and drop in boiling water, cooking gently twenty minutes. Drain. Butter a tin and lay the drained roe upon it. Dredge well with salt and pepper, spread with butter and then dredge with flour. Cook in oven for half an hour. Baste frequently with the mixture of flour, butter and water.

Clementine B. Rawling.

FISH CHOWDER.

(New England Recipe).

1½ lbs. fish.
3 medium sized potatoes.
1 large onion.
3 slices salt pork.
2 cups milk.
1 tbls. butter

Boil fish till done, using haddock, cod, or any large fish. Cook potatoes and onion slowly in liquor from fish. Fry out pork, add bones and skin. Add to potatoes and onions (chopped fine). Salt and pepper to taste.

Mrs. H. M. Larrabee,
Boston, Mass.

MOLDED HALIBUT OR HADDOCK.

1 lb. halibut or haddock.
1 lb. bread crumbs.
¼ t-spoon celery salt.
1 cup cream.
1 tbls. butter.
4 egg whites.

Add cream and butter to bread crumbs and cook to a smooth paste. Put in fish which has been through meat grinder. Then the celery, salt and egg whites, beaten stiff. Bake 3/4 of an hour in bread pan lined with oiled paper and placed in under pan of hot water. Serve with almond sauce.

OYSTERS ON THE HALF SHELL.

Keep on ice till serving time. Have small soup plates half full of fine ice, and lay the deep half shell on the plates as soon as opened. Salt, pepper and cut lemon should be served at the side. Small oysters are preferred and four to six are enough for each plate.

Mrs. L. E. St. John.

FRIED OYSTERS.

Lay oysters on a cloth and press another upon them to absorb the moisture. Roll in cracker crumbs and then dip in beaten eggs, then again in cracker crumbs. Season with salt and pepper. Fry in deep fat.

Mrs. D. L. Farrow.

FRIED OYSTERS A LA THORNTON

1 pint oysters.
½ cup corn meal.
½ cup cracker meal.
Post toasties.

Mix the corn meal and cracker meal well on a large platter. Salt and pepper oysters and dip lightly into meal mixture. Beat 2 eggs well and drop the oysters into them, have the post toasties arranged on a large platter and drop the oysters into them and pat lightly so as to make them stick to the oysters. Fry in deep very hot fat. Garnish with sour pickle and parsley and serve on toast.

Thornton Cafeteria.

BROILED OYSTERS.

50 large oysters.
3 t-spoons cornstarch.
1 cup milk.
1 tbls. butter.

Drain oysters through colander and lay on cloth. Have cake griddle perfectly clean, hot and well buttered. Put on as many oysters as it will hold and as soon as they begin to curl up, turn, cook on

the other side, not too much. Then put in sauce pan, so on until oysters are all done.

Mix corn starch with milk and pour over oysters, put in butter, season with salt and pepper to taste. Let boil up and serve hot.

Mrs. Mary Phillips.

OYSTER STEW.

1 qt. oysters.
1 cup hot water.
1 t-spoon flour.
1 cup milk.
1 t-spoon butter.
Salt and pepper.

Drain liquor from oysters, add 1 cup water and let come to a boil. Then add oysters, and when this comes nearly to a boil, remove oysters to dish in which they are to be served. Mix to a paste the flour with a little milk, add butter and the rest of the milk and let come to a boil. Pour over oysters and serve.

Mrs. C. E. Cresse.

OYSTER TOAST.

15 large oysters.
1 gill cream.
2 well beaten eggs.

Chop oysters fine, salt and pepper to taste, and a little grated nutmeg. Add the well beaten eggs, also the liquor from oysters and the cream. Let come to a boil and when set pour over hot buttered toast.

Mrs. C. L. Williams.

CLAM CHOWDER.

2 slices salt pork.
25 clams.
2 large Irish potatoes.
1½ cans tomatoes.
Salt.
2 qts. water.
3 pts. hot milk.
1½ cups cracker crumbs.
4 onions.
1 bunch celery.
Pepper.

Cut pork into small pieces and fry slowly in bottom of kettle until all fat is fried out. Add clams and potatoes, onions and celery, all of which have been put through chopper. Add tomatoes and 2 quarts of water, and enough pepper and salt to season, being careful as clams are already salty. Boil slowly four hours and fifteen minutes before serving. Add milk and crackers.

Mrs. Charles Myers.

PICKLED SHRIMP.

Charleston Style.

1 qt. shrimp (boiled & picked).
1 t-spoon whole black pepper.
½ pint vinegar.
1 t-spoon allspice.
1 t-spoon salt.

Heat up vinegar, salt and spices and pour over shrimp while hot. Set away to cool before serving.

Mrs. C. E. Cresse.

CRAB FARCIS. (STUFFED CRABS)

A CREOLE DISH.

2 cans crab meat.
3 tbls. lard.
2 bay leaves.
1 cup wet bread.
1 large onion.
1 tbls. butter.
3 sprigs parsley.

As lard heats in frying-pan, add chopped onion. Add crab meat as onion curls; let fry and add bread, squeezed free of water. Mix all well together, add salt, pepper, bay leaves and butter. Simmer five minutes, stirring constantly. Remove from fire and when cold, place in butter-greased shells. Dot with butter and top with grated bread crumbs. Bake five minutes. Serve, garnishing with sprigs of parsley or celery.

Mrs. G. L. Pratt.

CLAM FRITTERS. NO. 1.

1 pt. clams.
1 pt. flour.
½ pt. milk.
Pinch Cayenne pepper.
2 eggs.
1 t-spoon Royal baking powder.
¼ t-spoon salt.
Butter size of egg.

Grind clams in food chopper, beat eggs light, add milk, sifted flour, salt, pepper and butter which has been warmed but not melted then baking powder and clams. Cook in deep fat and drain on brown paper. Serve hot.

Mrs. N. C. Booker,
Norfolk, Va.

CLAM FRITTERS. NO 2.

12 clams.
½ cup milk.
2 tbls. flour.
2 eggs.
1 t-spoon baking powder.

Open clams, wash in cold water and drain. Put in chopping bowl and chop fine. Add flour with baking powder and yolks of eggs, put in milk and mix. Beat whites of eggs to a stiff froth and add last. Fry in deep fat.

Mrs. P. H. Grace,
Cape May, N. J.

CLAM CHOWDER.

12 clams.
2 white onions.
6 crackers.
1 pt. milk.
¼ lb. salt pork.
2 potatoes.
1 tbls. butter.

Chop clams fine. Cut up pork fine and fry. Slice onions thin, cut potatoes in dice, adding crackers crushed. Put all in kettle in alternate layers with pieces of butter, using enough water to keep boiling 30 minutes. Add hot milk and serve.

Mrs. J. A. Beam.

LOBSTER.

Lobster to be edible should be perfectly fresh. One of the tests of freshness is to draw back the tail; if it springs into position again, it is safe to think the fish good.

The time of boiling varies with the size of the lobster and in different localities. In Boston and other places on the Massachusetts coast, the time is fifteen or twenty minutes for large lobsters and ten for small.

The usual way is to plunge them into a pot with enough boiling water in the bottom to create a steam without boiling dry. Cover tightly. There are few ways of cooking lobster in which it should be more than thoroughly heated, as much cooking toughens it and destroys the fine delicate flavor.

Mrs. R. T. Cresse,
Boston, Mass.

STEWED LOBSTER.

1 tbls. butter.
Pinch cayenne.
2 medium sized lobsters.
½ lemon.
1 tbls. flour.
½ cup water.

Boil or steam lobster till done. Pick out and dice, season with salt to taste cayenne and lemon juice. Make a sauce of 1 tbls. of flour ½ cup of water and 1 tbls. of butter. Add the seasoned lobster and simmer five minutes—serve.

Emily B. Thompson.

LOBSTER CROQUETTES.

Chop the lobster very fine and mix with it pepper, salt and bread crumbs, season well with celery sauce and moisten with melted butter, mold into shape; dip in beaten egg, then in cracker crumbs and fry brown.

Mrs. S. H. Moore.

DEVILED CRABS.

1 qt. crab meat.
¼ lb. butter.
1 t-spoon mixed mustard.
1 cup bread crumbs.
Yolks of three hard boiled eggs.

Mix crab meat, bread crumbs, egg yolks, and mustard. Melt butter and pour over. Salt and pepper to taste. Pack in well cleaned crab shells, sprinkle with bread crumbs and brown in quick oven.

Mrs. E. H. Hughes.

SALMON MOUSSE.

1 cup milk.
½ t-spoon salt.
½ cup cold water.
¼ cup whipped cream.
2 eggs.
1 envelope gelatine.
1 cup salmon.

Heat milk in double boiler; when scalded add it slowly to well beaten eggs, add salt. Soak gelatine in cold water and

add to hot custard mixture and stir until dissolved. Add salmon and set in a cool place. When the mixture is just beginning to stiffen, beat in whipped cream. Serve the salmon, mold with a cucumber sauce, made by adding to half cup of whipped cream, salt, cayenne and very gradually two tbls. of vinegar, and one cucumber chopped fine and drained. A little onion juice is also a good flavor.

Mrs. R. T. Aderhold,
President, Woman's Club, College Park, Ga.

POULTRY.

Mrs. C. E. Cresse, Chairman.

To dress poultry. After the bird is picked, singe hairs over a flame. Cut off head, draw out pin feathers. Then cut thru skin around joint of leg and draw out tendons, by holding upper leg in left hand and slipping a skewer under each tendon and pulling it from the flesh. Break joint and leg can be removed with the tough tendons. Cut through skin carefully below breastbone and with the hand loosen and remove organs. The crop may be removed from the other end of bird, with windpipe. Wash bird out with water, or soda and water, being careful to remove all bits of lung.

ROAST TURKEY.

(Chestnut Dressing).

1 turkey (10 to 14 lb.)
1 loaf dry bread.
2 tbls. butter.
1 small onion.
1 apple.
Sage.
1 lb. of chestnuts.
1 cup celery.
1 egg.
Parsley.

Select a plump turkey, draw and wash thoroughly. Make stuffing of bread, season with salt, pepper, butter, sage. Add onion and celery chopped fine, and the chestnuts hulled and scalded, to take off the inner coating, add the well beaten egg, and enough hot water to moisten. Place apple in the crop—the juice tends to keep the turkey moist and the blending of the different savors, gives a delicious flavor. It must not be pasty, therefore use chopping knife or large mixing knife to work ingredients together. Do not allow to brown much the first hour. Time required 3 hours. Oysters may be substituted for chestnuts.

Mrs. Norman Pool.

CRANBERRY SNOW.

4 cups cranberries.
1 cup water.
2 cups sugar.
2 egg whites.

Cook berries in water until soft, strain through sieve, add sugar and cook from 5 to 10 minutes. When mixture jellies, fold in stiffly beaten egg whites. Pour in mold and set in cool place

until firm. May be served with either baked chicken or turkey. Must be used at once.

Miss Silvia Northcutt,
Louisville, Ky.

ESCALLOPED TURKEY.

2 or 3 cups turkey meat.
¼ cup milk.
1 cup bread crumbs (more if needed).
¼ cup butter.
Salt and pepper to taste.

Pick meat from bones of cold turkey, chop fine. Put in well buttered baking dish a layer of bread crumbs, then of turkey, and add small pieces of butter, salt and pepper. Alternate these ingredients until all are used or dish is nearly full. Pour the milk over this, then mix.

2 eggs beaten.
1 tbls. melted butter.
2 tbls. milk.
Salt to taste.

Add to this mixture enough cracker crumbs to spread. Cover turkey mixture with seasoned cracker mixture, put bits of butter over top, and bake in moderate oven about 3/4 hour.

Mrs. Wm. Rawling.

CRYSTALLIZED CRANBERRIES.

1 qt. cranberries.
1 pt. water.
1 pt. sugar.

Wash and drain cranberries, add water, boil ten minutes, then add sugar and cook 15 minutes, or until juice jells when tried on saucer. Do not stir while cooking.

Mrs. W. B. Price-Smith.

ALMOND SAUCE.

¼ lb. almonds.
2 tbls. butter.
1 pint cream.
2 tbls. flour.

Blanch almonds, cut fine and brown in best butter. Blend cream and flour and let come to a boil in double boiler. Add butter and gradually the almonds. Salt to taste. Pour over fish.

Mrs. E. H. Nickerson,
Portland, Maine.

BAKED CHICKEN.

Select a chicken with soft feet, smooth skin and soft cartilege at the end of the breast bone. Dress, clean and stuff. Hold chicken in original shape by means of skewers. Place on its back on rack in baking pan. Sprinkle salt over the surface of the chicken. Cover breast and wings with a paste made of two tbls. each of butter and flour. Place in a hot oven until chicken is well browned. Pour 1 cup of boiling water and 1/4 cup butter (melted in water) into the bottom of the pan. Place cover on pan, lower temperature of oven and cook slowly until breast meat is tender when tested with a fork. A four pound chicken requires about two hours for baking.

STUFFING.

1 cup bread crumbs.
½ cup boiling water.
4 tbls. butter (melted).
Salt and pepper.

Soak crumbs in boiling water, add butter and seasonings.

Miss Clara Lee Cone,
Head of Economics Dept. Girls' High School.

POULTRY STUFFING NO 1.

2 cups dry bread crumbs.
½ cup fine sausage meat.
¼ cup butter.
Pinch nutmeg.
½ t-spoon pepper.
1 tbls. chopped parsley.
1 tbls. chopped onion.
1 t-spoon salt.
2 eggs.

Soak bread in cold water until soft, press out all water. Add sausage meat, seasonings, melted butter and eggs well beaten. If sausage meat is too fat the butter can be omitted or chopped pork may be substituted. If one objects to pork in any form, use 1/2 cup butter and an extra cup of crumbs.

Mrs. Amelia R. Woodall.

POULTRY STUFFING NO 2.

1 cup coarse cracker crumbs.
¼ tbls. salt.
Dash pepper.
¼ cup butter.
1/3 cup milk.

This will fill a chicken of 3 or 4 pounds. Sage, summer savory or parsley may be added if liked.

Mrs. M. Oliver.

CHICKEN DRESSING.

2 loaves bread.
1 cup milk.
½ cup celery (chopped fine).
1 cup fresh corn meal (scalded).
4 eggs (well beaten).
2 tbls. butter.
1 large onion (chopped fine).
½ t-spoon black pepper.

Place above mixture in pan (bread crumbled) and pour over it the chicken broth, which has been cooled. Mix thoroughly to right consistency. Bake and serve with chicken.

Mrs. Joseph M. Wusthoff,
Secretary Pioneer Society.

CHICKEN A LA KING. NO 1.

Breast of chicken.
½ cup flour.
1 minced green pepper.
Salt.
3 cups milk.
½ grated onion.
1½ cups mushrooms.
Paprika.

Place above ingedients in sauce pan; stir until flour is dissolved and bring to boil. Add chicken diced, parboiled mushrooms and seasonings. Cook 10 minutes.

Mrs. Harry L. Wills.

FRIED CHICKEN (SOUTHERN STYLE).

Dress a young chicken weighing 1 ½ to 2 pounds. Cut in pieces and wash in cold water. Drain and set in ice box or cool place from six to twelve hours. When ready to cook, salt and pepper to taste. Roll each piece of chicken in flour until covered nicely. Put in hot fat over moderate fire; turn once or twice until a golden brown. Place chicken on platter, drain off fat, leaving about two tbls. Into this sprinkle 1 tbls. flour. Let brown, then add 1 cup of boiling water (with little milk added), stirring constantly. Cook 3 or 4 minutes, adding a little salt. Can be poured over chicken, but is usually put in a separate dish and served on rice cooked so each grain is separate.

Mrs. J. A. Carlisle.

CHICKEN PIE (Southern Style).

1 chicken.
2 cups broth.
1/3 t-spoon black pepper.
2 cups milk.
½ cup butter.
2 level t-spoons salt.

Clean and dress young chicken from 1 to 1 1/2 lbs. Cut in pieces, wash in cold water, drain and set in cool place a few hours. Cook chicken in boiling water until tender. There should be about 2 cups of broth when chicken is cooked. Make rich biscuit dough. Place 1/2 chicken in pan, pour in broth. Roll dough for dumplings very thin, cutting in 1 inch strips, tear off in 2 inch lengths. Place layer over chicken, adding some of butter, salt and pepper. Place over this balance of chicken, another layer of dumplings, butter, salt and pepper. Roll top crust. Cut in three strips. Place over top of pie. Moisten all over with about 1/4 cup milk, placing small pieces of butter at intervals. Cook pie in moderately hot oven ½ hour until crust is rich golden brown. Raise crust and pour in remainder of milk. Cook a few minutes and serve.

Mrs. J. M. McMillan,
Palmetto, Ga.

MY MOTHER'S CHICKEN POT PIE.

Dumplings.

1 tbls. butter.
3 level t-spoons Royal baking powder.
1 pt. pastry flour.
Salt.
Milk.

Sift baking powder into flour, cut butter into flour—salt and add enough milk for soft dough. Form into balls a little larger than a walnut and drop into the gravy which is not to be thickened.

Place 1/2 cup butter or substitute in iron pot and let brown slightly, then drop in the parts of a young hen piece by piece. After the meat is well soaked in the butter, pour in boiling water to cover, simmering gently until the meat will almost drop from the bones. Salt and pepper according to taste. Twenty minutes before serving take up the meat and place in center of platter where it will keep

warm, then drop dumplings into the gravy, close tight and boil well for 20 minutes. Serve dumplings around the meat, covered with a rich golden brown gravy.

Mrs. Wm. Marion Camp.

CHICKEN A LA KING. NO. 2.

2 tbls. flour.
1 cup mushrooms.
1 tbls. butter.
1 pt. cream.
¼ cup butter.
1 t-spoon salt.
1 tbls. chopped green pepper.
3 chopped pimentos.
3 cups minced chicken.
3 egg yolks.

Cook flour, mushrooms, butter, salt, green pepper, pimentos until frothy, add cream and stir until thick over hot water. Add chicken and butter and beaten egg yolks. Serve in pastry shells. An excellent party dish.

Mrs. A. C. Plage.

JELLIED CHICKEN.

1 chicken.
1 onion (diced).
1 hard boiled egg.
3 stalks of celery.
6 sprigs of parsley.
2 tbls. gelatine.

Stew a full grown fowl until very tender, putting it on in cold water with the onion, celery (cut up) and half of the parsley. Let come to a boil slowly and cook until the meat slips from bones. Remove meat from stock and cut in pieces. Strain 2 cups of stock and add the gelatine which has been soaked in cold water. Season well with salt and white pepper. Arrange pieces of chicken in bottom of brick shape pan, pour in gravy with part of the jelly stock, put in more chicken alternating until mold is full. Set in cool place until perfectly firm. Turn out, serve with balance parsley and egg sliced as garnish.

Mrs. Fred J. White.

PRESSED CHICKEN.

1 chicken.
½ box gelatine.
1 t-spoons grated onion.
1 t-spoon finely minced parsley.

Boil a two or three pound chicken until tender. Pick to pieces. Pour enough boiled water over gelatine to melt. Then mix with the chicken. Add the grated onion and minced parsley, salt and cayenne pepper to taste. Put in mold. Press closely and let stand until ready for use. Serve with cranberry sauce.

Frances Kersey.

SMOTHERED CHICKEN.

Clean and dress young chicken about grown; cut down the back, flatten out; dredge with flour, salt and pepper.

Add 2 cups boiling water, place in oven and cook till done; turning several times, browning on all sides. Keep sufficient water in pan for gravy—about 1 cup full. When nearly done, thicken by adding 1 level teaspoonful flour and 1 tbls. of milk (beaten until smooth) to gravy. Cook a few minutes and serve with rice,

which should be cooked so every grain stands separately. From one to one and a half hours will be required to cook a good sized chicken.

Mrs. A. G. Carlisle.

CHICKEN PILAU.

1 hen.
1 t-spoon peppercorns.
2 cups water.
1 cup rice.

Steam hen in water (salted to taste) till tender, remove, add rice to liquor and steam till done. Brown hen in oven and serve on platter surrounded with rice.

Mrs. M. G. Campbell.

BRUNSWICK STEW (VIRGINIA).

Use one of three meats—chicken, lamb, or squirrel. If chicken is used parboil, cut up as for frying; put in pot and cover with cold water. To one, three or four pound hen; add one sliced onion, one thick slice boiling meat, cut in small pieces. Add black pepper and salt to taste. Cook chicken until meat leaves the bones, adding water as the first water boils away. 6 ears fresh scraped corn or 1 can corn. 1 quart tomatoes, ½ pound butter. Let cook until corn and tomatoes are done. Before serving add two cups stale light bread crumbs and a few slices of lemon. Accompany this dish with stuffed baked peppers, or sliced peppers, cucumbers, and onions.

Mrs. Edward H. Barnes.

FRICASSEE CHICKEN.

1 chicken.
3 tbls. flour.
1 tbls. salt.
2 egg yolks.
1 tbls. butter.
½ cup celery, cut fine.

Clean, dress and cut a young chicken in parts. Put in stew pan with just enough water to cover. Place lid on pan, let heat slowly until it boils. Then stew until tender. Mix flour with milk, add a dash of pepper and thicken gravy in which the chicken was cooked. The eggs should be added to a little of the gravy and well blended before being put into hot gravy. The celery and salt should be boiled with the chicken.

Mrs. W. B. Cox.

CHICKEN SPAGHETTI.

2 lb. chicken.
1½ lbs. spaghetti.

Boil chicken until tender, remove meat from bones and chop fine. Boil spaghetti in chicken broth until broth is absorbed.

DRESSING.

1 small can tomatoes.
1 t-spoon celery salt.
Salt to taste.
2 onions cut fine.
⅛ t-spoon red pepper.
1 tbls butter.

Boil tomatoes until very tender, mash thru sieve, add above

dressing ingredients, then chicken; pour spaghetti over this, mix well, put in casserole; cover with grated cheese. Bake brown.

Mrs. T. L. Mudd, St. Louis, Mo.

CHICKEN CROQUETTES.

1 chicken.
2 ounces melted butter.
2 ounces flour.
1 cup cream.
2 eggs.
1 t-spoon chopped parsley.

Boil chicken till tender. Cool and mince. Boil the butter, flour and cream with 1 cup of liquor the chicken was boiled in, two minutes. Mix with the finely minced chicken, adding a sprinkle of red pepper. Salt to taste. Then cool and mold. Roll in egg and bread crumbs and saute a delicate brown.

Miss Clara Cheshire.

ROAST DUCK.

Prepare duck for roasting and use the following plain filling.

3 cups bread crumbs.
½ t-spoon each of thyme and sage.
Salt and pepper to taste.
1 onion.

Sprinkle bread crumbs lightly with cold water. Cut onion fine. Fry together quickly in butter the size of an egg. Then add salt, pepper and herbs. Mix well (1 cup of mashed potatoes can be substituted for one of crumbs.)

Duck requires more cooking than turkey or chicken and needs plenty of water in the pan to start with, if an open pan is used.

Mrs. Robert Paden.

GAME.

VENISON.

Roast venison is best to be thoroughly larded, using half a pound of pork to a leg or saddle weighing eight to ten pounds. Cut the flanks from saddle and trim the haunch to good shape.

Roast according to general directions, basting at the end of the first five minutes, and every fifteen minutes after. It is very nice to use claret instead of the dripping of the pan. An hour and a quarter will cook it very rare. For most people an hour and three quarters will be none too much. Make a good gravy from the drippings in the pan, adding stock made from bits trimmed away before roasting.

Currant jelly is usually served with it, but barberry, or wild plum jelly is equally as good. Mrs. Beulah Bates.

VENISON STEAKS.

Venison steaks are prepared and served like beef steaks, cutting them only about three quarters of an inch thick. Slices of cold roast venison are extremely nice when reheated in brown or curry sauce.

Mrs. Anice Carlton.

TO COOK BIRDS.

Most game birds are best broiled, but the larger ones are fine stuffed with plain filling and baked.

TO SAUTE BIRDS—Dip in lemon juice before putting into hot fat.

REED BIRDS—Should be fried in deep fat and served on toast.

Mrs. K. G. Hardin.

RABBITS.

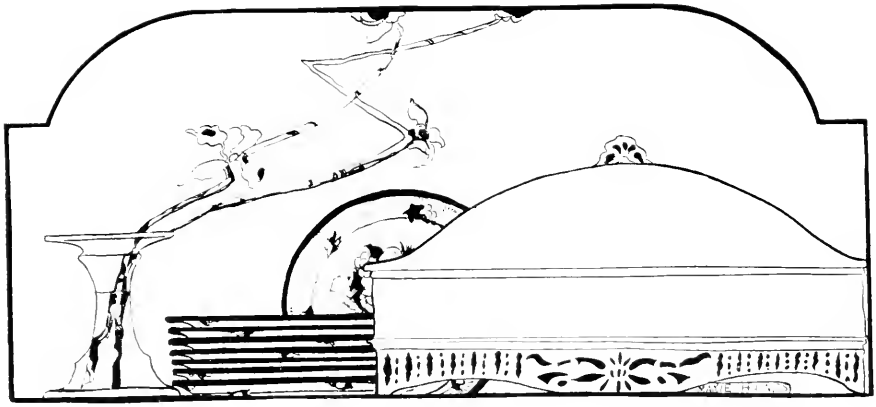
After rabbits are cleaned and cut in parts they should soak in cold salted water an hour before being cooked.

SAUTE RABBIT.

1 rabbit.
Salt.
1 cup hot water.
1 tbls. flour.
Pepper.
½ cup cold water.

Wipe the rabbit dry and fry it brown. Then nearly cover with hot water and simmer (with lid over) for fifteen minutes. Mix flour with cold water to thicken gravy. Salt and pepper to taste.

Mrs. C. E. Cresse.



MEATS.

Mrs. J. M. Manry, Chairman.

To obtain a tender roast, a steak, or chops, meat should be cooked at a low temperature after the first few minutes, in a *covered* roaster—this saves the flavor, does away with basting, and gives a tender dish. Water should never be added to the tender cuts while cooking, if cooked in this way.

Miss Mary P. Means.

CASSEROLE OF RICE AND MEAT.

2 cups cooked meat (ground).
1 t-spoon salt.
1 beaten egg.
¼ cup fine bread crumbs.
4 cups cooked rice.
1 tbls. chopped parsley or bell pepper.
¼ t-spoon pepper.
¼ t-spoon onion juice.

MEAT STOCK.

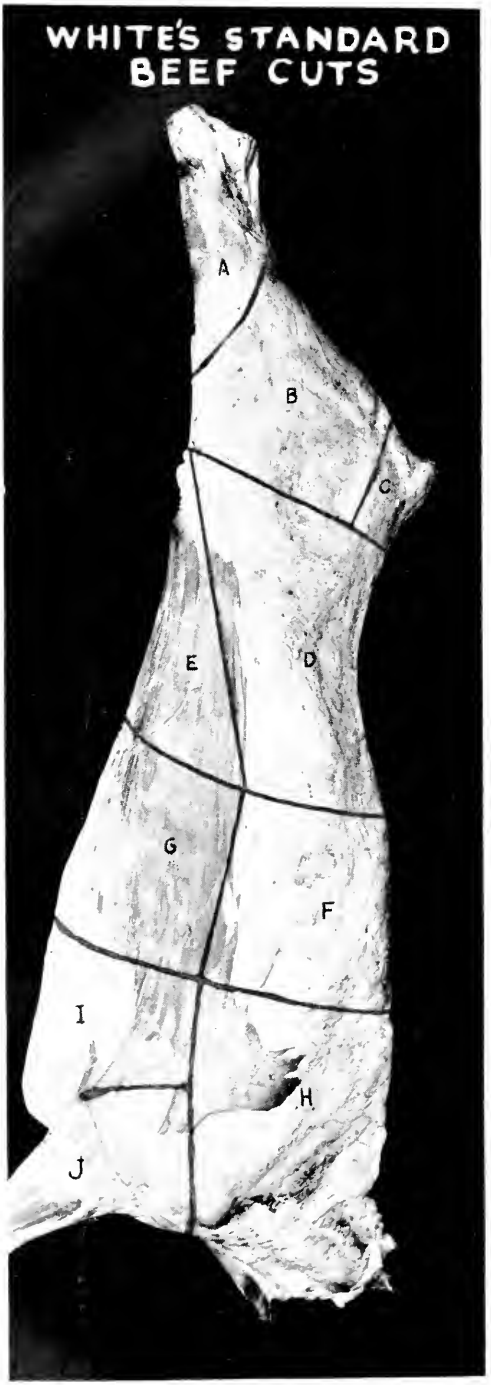
Mix first 7 ingredients. Line buttered casserole with 3 cups rice, fill with meat mixture, add enough meat stock to moisten mixture well, and cover with remainder of rice. Place top on casserole and cook 45 minutes. Serve with tomato sauce.

Miss Clara Lee Cone,
Director Home Economics, Girls High School.

VEAL LOAF.

3 lbs. veal.
1 tbls. Rosemary.
1 tbls. of Thyme.
1 onion.
1 t-spoon black pepper.
1 t-spoon paprika.
1 tbls. salt.
¼ lb. butter.
1 pimento.
3 tbls Worcester sauce.
12 saltine crackers (crushed).
1 cup veal stock.
2 tbls. gelatine.
6 eggs hard boiled.
1 onion.

Boil veal until tender, add onion, rosemary and thyme. Drain,



A—**Hind Shank**
Soup Bone

B—**Round**
Shank and Rump off
Dried Beef
Hamburger Steak
Round Steak

C—**Rump**
Roast
Corned Beef

D—**Loin**
Sirloin Steak
Porterhouse Steak
Club Steak
Beef Tenderloin

E—**Flank**
Flank Steak
Hamburger Steak
Corned Beef

F—**Rib**
Rib Roast

G—**Plate**
Navel End
Short Ribs
Corned Beef
Soup Meat

H—**Chuck**
Shoulder Steak
Shoulder Roast
Pot Roast
Stews

I—**Brisket**
Corned Beef
Soup Meat
Pot Roast

J—**Fore Shank**
Soup Bone

run through meat grinder; mix well the stock, pepper, salt, paprika, butter, Worcester and crackers. Add gelatine which has been previously added to ½ cup cold water and dissolved over hot water. Cut pimento into small pieces, slice eggs and sprinkle pimento over them, pack mold alternating with meat and eggs. Put in cool place until congealed, then serve.

Mrs. D. J. Jones.

MELMORE BEEF EN CASSEROLE.

1 lb. cooked veal or beef.
1 bay leaf.
4 cloves.
2 t-spoon salt.
Cayenne (taste).
1 qt. cold water.
4 hard boiled eggs.
1 cup fine bread crumbs.
5 tbls. butter.
5 tbls. flour.

Put meat in saucepan; add seasoning and water; put over fire, cook till well done, keeping covered all the time. Allow meat to cool in the liquor in which it was cooked. Grind meat in meat chopper (there will be about three cups) and reserve liquid. For each cup of meat make a half-cup of white sauce using the meat stock for the liquid instead of milk. Use three tbls. of the butter with two of flour for sauce. 1 cup milk. Strain out bay leaf, and use one and a half cups of liquid if you have three cups of meat. Prepare the buttered crumbs by pouring the extra two tbls. of butter over them and mixing thoroughly with a fork. Put material in a buttered earthen casserole, a layer of meat, then sliced eggs, then sauce. Make in two layers and cover with the crumbs. Cook with cover on dish in moderate oven about twenty minutes, remove cover, and brown, serve hot.

Mrs. L. C. Matthews.

BACON AND LIVER.

1 lb. calf liver.
1 onion.
Salt.
Six bacon slices.
Pepper.

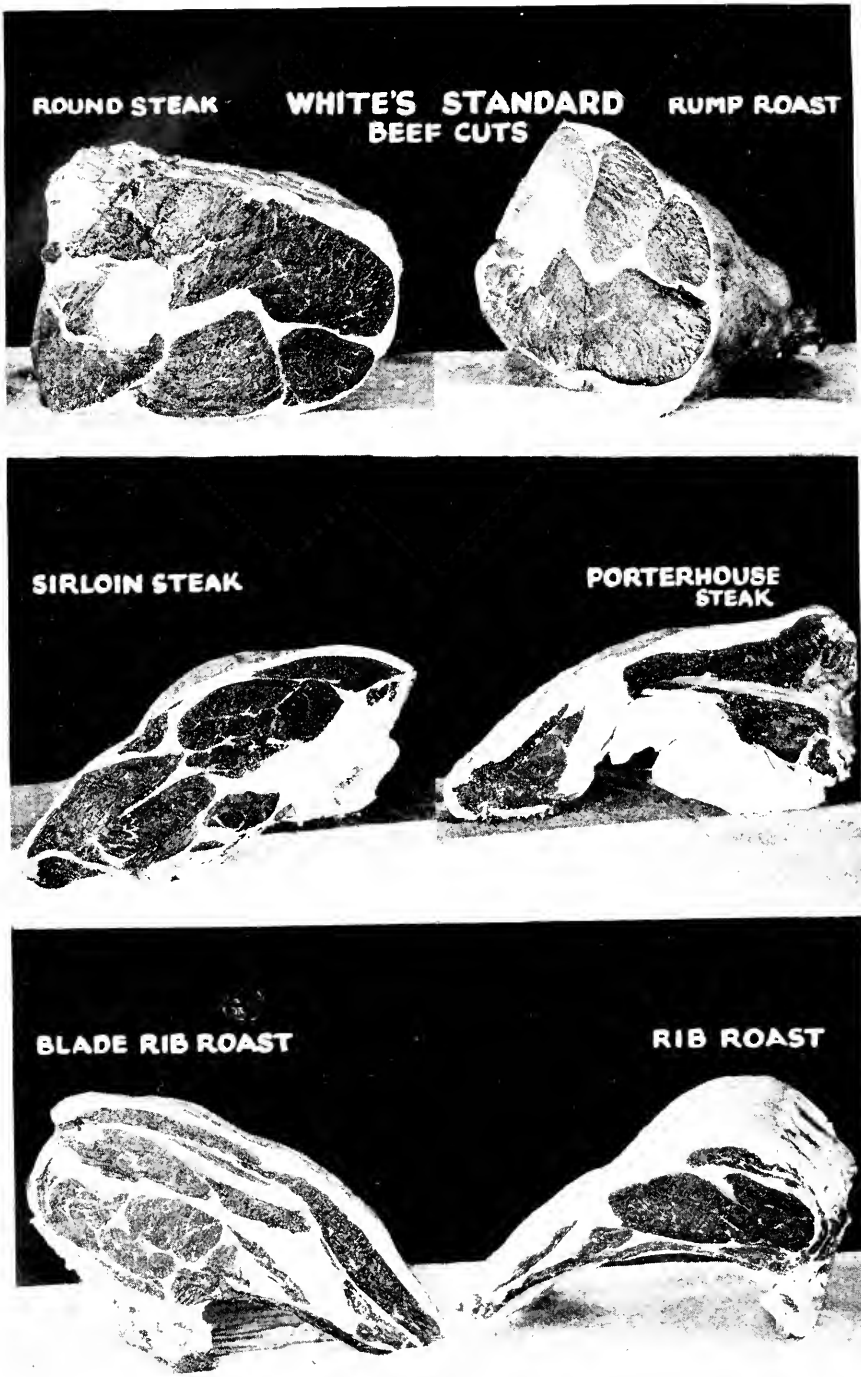
Have liver sliced about ½ inch thick, remove skin and wipe with damp cloth; dip liver in flour which has been seasoned with salt and pepper. Broil bacon crisp, put liver in bacon grease and cook turning on both sides for about 12 or 15 mins. Chop fine 1 onion and fry a golden grown in fat that liver was cooked in. Place liver on dish, pour over onions, garnish with bacon and parsley.

Mrs. N. C. Booker.
Norfolk, Va.

SWISS STEAK.

Select fresh round steak at least 1 inch thick (thicker if desired). Beat in both sides all flour it will take. Salt and pepper to taste. Brown both sides quickly in about 1 tbls. fat in iron skillet, add boiling water cover closely. Reduce heat, cook from one to two hours. Steak may be covered with onions, mushrooms, or served with tomato sauce.

Mrs. Andrew P. Stewart, Jr.


ROUND STEAK
WHITE'S STANDARD
BEEF CUTS
RUMP ROAST
SIRLOIN STEAK
PORTERHOUSE
STEAK
BLADE RIB ROAST
RIB ROAST

BEEF STEAK AND OYSTERS.

3 lbs. steak.
1 qt. oysters.
2 tbls. butter.

Broil the steak without salt as quickly as possible, placing it close to a very hot fire; as soon as it is brown season with salt and pepper, place on a hot platter, and pour over the drained oysters; lay on these butter, cut in small pieces. Place the platter in a very hot oven, until the oysters are done, which will be when their edges curl, serve hot at once.

Mrs. D. F. Stevenson.
Chairman Study Classes.

CALF BRAINS.

1 set brains.
2 hard boiled eggs.
1 t-spoon lemon juice.
1 tbls. catsup.

Soak brains a few minutes in salt water, remove outside membrane, wash and parboil in cup of water 10 minutes. Cut in pieces, add salt and pepper to taste, lemon juice, catsup and eggs cut fine. Place in baking dish, sprinkle top with bread crumbs and dot with small pieces of butter. Cook in moderate oven until brown. Serve immediately with buttered toast and thin slices of dill pickles; or brains may be prepared for cooking as above; parboil about 20 mins. or until all water is absorbed. Cut up very fine, add 3 well beaten eggs, salt and pepper to taste, stir well together; cook about 2 mins. Serve on rounds of toast; garnish with parsley.

Mrs. J. A. Carlisle.

RICE AND MEAT MOLD.

2 cups cold boiled rice.
1 t-spoon onion juice.
1 tbls. chopped parsley.
½ lb. cold meat, minced.

Grease a plain mold and line it throughout with rice Mince and season the meat, add onion and parsley, fill the mold, packing closely. Cover with more rice and steam 3/4 hour. Turn out and cover completely with gravy, tomato sauce or oyster sauce.

Mrs. J. P. Snelgrove.

PORK CHOPS.

Purchase as many chops as desired, have frying pan hot, add 1 tbls. lard, flour chops into which salt and pepper has been added to taste, place in hot fat and fry about twelve or fifteen mins. Garnish with parsley.

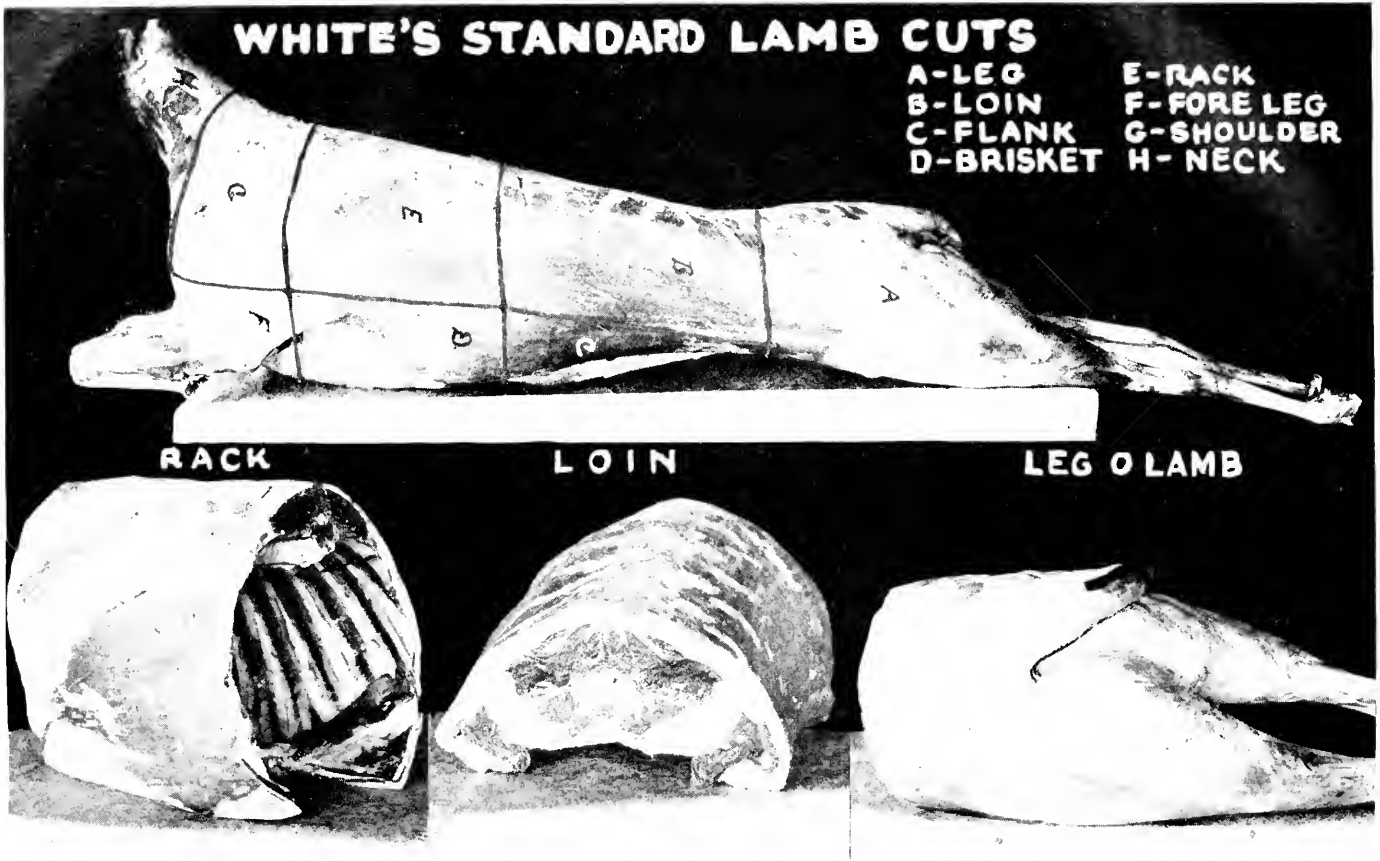
Mrs. Thomas H. Pitts.

CHOP SUEY.

1 lb. pork, beef or veal.
1 cup onions.
1 cup celery.
Salt.
2 tbls. molasses.
1 t-spoon paprika.

Use choice meat and to each pound add onions, celery and molasses. Cut up meat, sear in lard and add paprika. Cover with water and cook until done. Serve with Kik Kermans Soy Sauce.

Mrs. George A. Clayton.


WHITE'S STANDARD LAMB CUTS
A-LEG
B-LOIN
C-FLANK
D-BRISKET
E-RACK
F-FORE LEG
G-SHOULDER
H-NECK
RACK
LOIN
LEG O LAMB

MEAT PIE.

1 cup diced cold meat.
2 cups diced boiled potatoes.
1 can tomatoes.
1 t-spoon salt.
½ t-spoon pepper.
2 tbls. butter or stock.

Line sides only of a baking dish with good pie pastry. Beginning with meat at bottom, alternate with layers of meat, potatoes, tomatoes and seasoning to the top of the pan. Cover with pie crust, add enough hot water to cook thoroughly but without becoming dry. Bake until done about 3/4 hour. It will make its own gravy. One or two onions may be added if desired.

Mrs. Alonzo Richardson,
State Chairman Federated Women's Club,
Vice-President Atlanta Woman's Club.

BROILED TENDERLOIN, SIRLOIN OR PORTERHOUSE STEAK.

Select steak from 1 to 1 ½ inch thick with fresh, juicy appearance; the fat a creamy white. Wipe dry, cut a few small pieces of fat from steak and dot over it. Place meat on broiler in pan and put under gas flame. Sear each side quickly. This will retain juices. Reduce heat to finish cooking, rare or well done as liked. Place on warm platter with melted butter in it, season with salt on both sides. Add 2 tbls. or more of hot water to drippings for gravy, stir well and pour over steak. Serve immediately with steamed rice so grains stand separately. Garnish with potato chips.

Mrs. J. A. Carlisle.

POT ROAST.

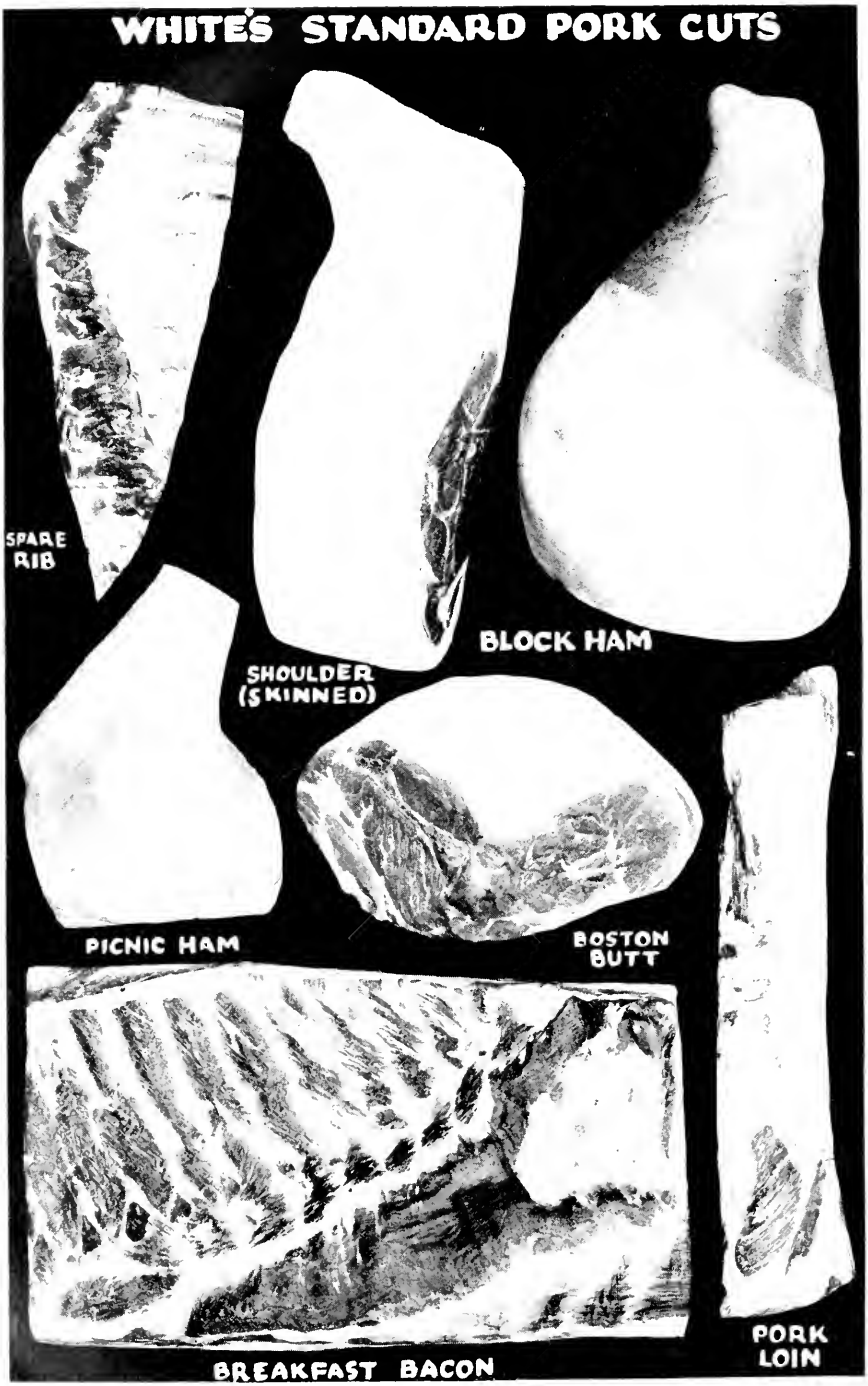
Get a nice 5 lb. roast either rump or a number 7 cut, wipe off with a damp cloth, cut off some suet and try out. Place roast in pot, sear on all sides, (in suet), then add salt and pepper to taste. Cook over a very low gas flame until tender. Add no water as this method of cooking with lid on pot will make its own gravy. Pour over 1 can tomatoes, cook for 15 mins. Lift roast from pot; add flour enough to thicken gravy. Brown same, then add cold water enough to make sufficient gravy; season to taste with salt and pepper.

Mrs. Jesse M. Manry.

BAKED CORNFIELD HAM.

1 ham.
½ cup cracker crumbs.
¾ cup of syrup.
½ cup sugar.
Cloves.
1½ pt. ginger ale.

Select ham with care (Cornfield Brand) preferred soak over night in cold water. Before cooking scrub with stiff brush. Bake in 3 inches of water, to which syrup has been added. Use covered roaster, bake 10 to 14 lbs, ham 3 to 3½ hours. After ham is thoroughly done, remove skin and roll in mixture of sugar and


WHITE'S STANDARD PORK CUTS
SPARE RIB
SHOULDER (SKINNED)
BLOCK HAM
PICNIC HAM
BOSTON BUTT
PORK LOIN
BREAKFAST BACON

cracker crumbs. Stick whole cloves in ham, place in oven to brown, while browning baste with 1½ pt. bottle ginger ale.

Mrs. Norman Sharp,
Chairman Market Committee.

LEG OF LAMB ROAST.

½ can tomatoes.
2 tbls. vinegar.
½ bottle catsup.
1 tbls. prepared mustard.
1 large onion (chopped fine).
1 leg of lamb.

Wash roast thoroughly in soda water (½ t-spoon soda to 1 gallon of water). Salt and pepper and add a dash of cayenne. Sift a little flour over top of roast, spread a little butter on this to brown the flour. Place meat in covered roaster and add other ingredients. Place on a round rack in moderate oven and cook 3½ hours. Baste 3 or 4 times.

Mrs. J. H. Merritt.

CORN BEEF HASH A LA BELL.

1 can corn beef hash.
1 onion.
1 small can tomatoes.
1/3 t-spoon each salt and pepper
1 green bell pepper.
3 slices bread.

Add to beef, tomatoes, onions and green pepper well minced. Then bread, salt and pepper, mix together well, bake for 1 hour in hot oven.

Mrs. Fanny Bell.
Lynchburg, Va.

BROILED MEAT CAKES.

1 lb. top side round steak.
1 egg.
1/3 t-spoon butter.
2 slices bread.
3 tbls. milk.
Salt and pepper.

Run steak through food-chopper with little suet, add egg, salt, pepper, milk and bread crumbled fine. Work all together well. Make into small cakes, place on hot greased griddle and brown on both sides, pour a little melted butter over them. Garnish with parsley.

Mrs. Jesse M. Manry.

BEEF A LA MODE.

1 pt. stewed tomatoes.
¼ cup butter or beef drippings.
2 lbs. round beef.
5 medium sized onions.
2 t-spoons salt.
⅛ t-spoon pepper.
4 cloves.
2 tbls. flour.

Slice onions and cook until yellowed in the fat. Add cloves, and beef cut into cubes and fry until brown. Add pt. of boiling water, the tomatoes, seasoning, and simmer for hour and half. When ready to serve, thicken the gravy with flour moistened in a little cold water.

Mrs. Newton C. Wing.

BOULLETS. (CREOLE DISH)

1 lb. round steak or veal.
3 tbls. lard.
1 cup bread crumbs.
1 tbls. water.
Tomato sauce.
1 large onion.
1 egg.
Salt and pepper.
2 sprigs parsley.

Beat beef till tender, cut into pieces 2 inches square. Rub salt and pepper well into meat, dip into egg batter to which water has been added, then into grated crumbs. Fry till nicely browned. Serve with tomato sauce.

Mrs. G. L. Pratt.
Ex-Regent Joseph Habersham Chapter D. A. R.

CHILI SAUCE.

(For use on roast beef).

18 large ripe tomatoes.
4 large onions.
4 large green, sweet peppers.
4 small hot, green peppers.
4 tbls. salt.
4 tbls. sugar.
1 grated nutmeg.
1 t-spoon ground cloves.
2 t-spoon ground allspice.
1 t-spoon ground ginger.
1 t-spoon black pepper.
1 qt. good apple vinegar.

Scald, peel tomatoes, onions and pepper and drain. Put thru meat chopper saving all juices. Put in large pan on stove and when thoroughly hot, lower heat, add spices, sugar and salt. Boil gently stirring almost constantly, (as mixture burns easily), for one hour. Then add vinegar and boil 5 minutes. Fill large mouth bottle or small fruit jars, cover tightly.

Mrs. D. F. Stevenson.

MINT SAUCE FOR LAMB.

2 tbls. mint.
1 tbls. sugar.
½ cup vinegar.
2 tbls. water.

Chop mint fine, mix all ingredients, cook together a few mins., and allow it to cool. Add to lamb gravy or serve separately.

Mrs. Jesse M. Manry.

TOMATO SAUCE NO. 1.

2 tbls. butter.
2 tbls. flour.
1 cup tomato juice.
½ t-spoon salt.
⅛ t-spoon pepper.

Melt butter, add flour, salt, pepper and tomato juice slowly. Cook about ten minutes, stirring frequently.

Miss Clara Lee Cone,
Director Home Economics, Girls High School.

TOMATO SAUCE NO. 2.

1 can tomatoes.
1 onion.
½ t-spoon each salt and pepper.
1 bell pepper.
Dash Worcester sauce.

Cook tomatoes, salt, pepper, onion, bell pepper (free of seeds) until it thickens. Add sauce. This sauce is delicious over roast beef, pork or stuffed peppers.

Mrs. J. S. Boardman.

VIRGINIA SAUCE.

1 cup mayonnaise.
2 tbls. mixed chow-chow pickle.
1 t-spoon tomato catsup.

Blend ingredients and serve with fried soft crabs. This recipe is a famous one in Virginia.

Mrs. W. L. Northern.
Norfolk, Va.

TARTAR SAUCE.

1 cup mayonnaise.
4 small cucumber pickles (sour).
½ medium sized onion.
2 t-spoons parsley.
6 chopped olives.
½ t-spoon capers.

Cut up last five ingredients very fine and stir into the mayonnaise. Serve on meat.

Mrs. F. J. Massenburg.

MINT SAUCE.

Bunch of mint.
½ cup boiling water.
Pinch of salt.
1/3 cup vinegar.
Pinch of sugar.
Cayenne pepper.

Bruise a bunch of mint. Pour over it ½ cup of boiling water let stand ten minutes, then add 1/3 cup vinegar, pinch of salt and cayenne pepper. Serve with roast lamb.

Mrs. W. L. Northern.
Norfolk, Va.

VEGETABLES.

Mrs. Ernest Covington, Chairman.

Some vegetables should be cooked a long time, such as carrots, beets, parsnips, etc., but vegetables like cauliflower and cabbage require only short cooking. Cabbage should never be boiled longer than 25 minutes. All vegetables should be put on in boiling salted water. Vegetables are more easily digested when served hot with butter, sauces, or meat, than when served cold with vinegar.

Miss Mary P. Means.

ASPARAGUS TIMBALES.

3 eggs beaten light with pepper and salt.
2 cups grated bread crumbs.
2 cups milk.
1 can of asparagus.
Butter size of an egg, (melted).

Put mixture in buttered timbale molds, set in pan of hot water and bake twenty minutes. Serve with cream sauce to which chopped mushrooms may be added.

Mrs. J. E. Sommerfield.

CORN PUDDING.

1 doz. ears of corn.
3 eggs.
1 pt. of milk
2 tbls. butter.
2 tbls. sugar.
½ t-spoon salt.
Pinch of black pepper.

Cut corn off cob. Beat eggs until light, add sugar, salt, pepper, then milk and corn. Have pudding well mixed, and if any more liquid is needed add a little water. Dot with butter and bake in moderate oven for about 20 minutes.

Mrs. J. M. Manry.

ASPARAGUS WITH EGGS.

2 bunches asparagus.
4 egg.
2 tbls. melted butter.
¼ t-spoon salt.
⅛ t-spoon pepper.

Cook asparagus, cut off tender tops and lay them on buttered pie dish, seasoning with salt, pepper and melted butter. Beat eggs

just enough to break the yolks, pour over the asparagus and bake eight minutes in a moderate oven. Serve with slices of boiled ham.

Mrs. Roger Brown.

SPINACH WITH EGG. (Something Different).

½ peck spinach.
2 tbls. butter.
1 t-spoon pickle.
2 eggs.
1 t-spoon mayonnaise.
Salt and pepper.

Wash spinach well in vessel of water. Remove; put into about 3 qts. of boiling water and cook 30 minutes. Drain in colander, cut up fine, adding salt and pepper; pour butter (melted) over it. Have ready eggs hard boiled; mash yolks and add mayonnaise, a few drops vinegar and cucumber pickle cut fine. Sprinkle over top of spinach. Garnish with egg cut into rings. This is nice served with thin slices of cold beef tongue.

Mrs. J. A. Carlisle.

POTATO SURPRISE.

Mold mashed potatoes (seasoned) into balls; with spoon form cavity in end large enough for medium size oyster. Place oyster in cavity, cover with potato, dip in beaten egg, roll in bread crumbs. Fry in deep fat. Cold minced or ground meat may be substituted for oysters. Serve with tartar sauce.

Mrs. Tull C. Waters.

STUFFED BAKED TOMATOES.

12 ripe tomatoes.
1 small head of cabbage.
1 small onion.
Bread crumbs.
Salt, pepper and sugar.
1 cup of sweet milk.
Small piece of butter.

From the blossom end of a dozen smooth ripe tomatoes cut a thin slice, and with small spoon scoop out the pulp without breaking the skin surrounding it. Chop a small head of cabbage and a small onion finely; mix the fine bread crumbs and the pulp; season with salt, pepper, and sugar and add a cup of sweet cream or milk; when all is well mixed fill tomato shells; place in baking dish, cut-end up, and put just enough water in the pan to keep from burning; drop a small piece of butter on each tomato, and bake half hour or so. Place another bit of butter on each and serve in same dish.

Mrs. F. L. Gillette.

SCALLOPED TOMATOES.

Cover bottom of baking dish with bread crumbs or crushed crackers. Place on this a layer of sliced tomatoes, season with salt and pepper, a little sugar and dot with bits of butter. Continue to add alternate layers of crumbs and tomatoes, seasoning each time, until the dish is full. Sprinkle crumbs on top, dot with butter, slightly moistened with water. Bake about 20 minutes.

Mrs. A. R. Brittain.

SCALLOPED POTATOES.

1 qt. sliced raw potatoes.
2 cups scalded milk.
4 tbls. butter.
3 tbls. flour.
1 t-spoon salt.
¼ t-spoon pepper.

Cover the bottom of a buttered baking dish with layer of sliced potatoes. Sprinkle with salt and pepper, dot with pieces of butter and dredge with flour. Repeat until the materials are used. Pour over all the scalded milk and bake in moderate oven from 45 to 50 minutes.

Miss E. Hunt.

POTATO PUFF.

2 cups mashed potatoes.
2 tbls melted butter.
2 eggs.
½ cup scalded milk.
½ t-spoon salt.

Stir melted butter in potato, beat to a white cream; add eggs beaten very light, then milk and seasonings. Bake in deep buttered dish in quick oven, for 20 minutes or until brown.

Souffle—Use 4 eggs, beat yolks and whites separately until stiff; use seasonings and butter as given above. Fold in yolks and lastly whites.

Mrs. M. B. Horton.

SPANISH PEPPERS.

Remove seeds from 6 green peppers. Cut three cups corn (thin). Chop fine one onion and the tops of the peppers and fry until yellow in butter, with 2 ripe tomatoes chopped fine: season with salt and pepper, add corn and let get hot thru (add a little hamburg if you have it); place mixture in peppers after they have been brought to a boil in water. Cover with cracker crumbs and bake in a pan with as small amount of water as possible.

Mrs. E. H. Gillespy.

STUFFED PEPPERS.

6 green peppers.
1 onion.
½ cup mushrooms.
½ cup brown sauce.
½ cup bread crumbs.
1 tbls. butter.

Chop onion and mushrooms fine and cook with the brown sauce about 15 minutes. Put in butter, salt and pepper to taste. Remove seeds from peppers. Pour over them boiling water and let stand about 10 minutes. Drain, stuff with above ingredients, sprinkle with the bread crumbs. Bake 15 minutes, serve with brown toast.

Mrs. W. D. Jones.

EGG PLANT.

1 egg plant.
4 tbls. olive oil.
2 ripe tomatoes.
A small piece of butter.
A sprig of garlic.

Peel egg plant, cut into small pieces and soak in salt water for a while. Put in casserole with a small piece of butter, four tbls. of

olive oil and a sprig of garlic or small onion. Cook until tender. Then add several very ripe tomatoes cut into pieces, stirring all together. Season lightly with salt and pepper.

Mrs. W. W. Austell.

EGG PLANT EN CASSEROLE.

1 large egg-plant.
3 small onions.
3 tomatoes
2 garlick cloves or leaks.
1 green pepper.
4 tbls. melted Wesson or shortening.

Peel egg plant, slice in thin slices, and soak in salted water one hour. Rinse, slice other vegetables thin, and arrange alternately in greased casserole, seasoning each layer with salt and pepper. Bake in moderate oven 45 minutes.

Mrs. Newton C. Wing.

OKRA.

Cut stems to the tender part of pod; cook whole in boiling salted water (if cooked in iron they will blacken) until tender, drain and return to the sauce pan with plenty of butter, a taste of vinegar, salt and pepper; simmer slowly until they are thoroughly seasoned. They are nice sliced and stewed with an equal bulk of tomato, seasoned with 1 sweet pepper, 1 t-spoon salt and 1 ounce of butter to each pint. Sometimes 1/4 cup rice and 1/4 pound of diced ham are added to a quart of the above stew.

Mrs. James Chandler.

CORN SALAD.

18 ears fresh corn.
¼ lb. powdered mustard.
2 lbs. brown sugar.
4 large onions.
2 large green peppers.
2 large red peppers.
1 large white cabbage.
2 qts. good vinegar.
4 good sized bunches celery.

Cut off corn and scrape cob as when cooking, cut up cabbage, celery, onions and peppers fine, add sugar, mustard, salt and then vinegar. Cook over slow fire for forty minutes stirring constantly. Just before removing from fire add two level t-spoons of tumeric.

Mrs. Thompson H. Jones.

GUMBO.

1 qt. tomatoes.
2 green sweet peppers.
1 pt. okra.
½ cup bacon fat.
1 large onion.

Peel and cut up tomatoes, okra, onion and pepper. Fry in bacon fat until brown. Season with salt and pepper. Cook slowly, adding no water. To be served with rice.

Mrs. Wm. A. Davis.

SLICED CUCUMBERS.

Put cucumbers in cold or ice water for about forty minutes before serving. Peel and cut in thin slices. Put in glass dish with

layers of thinly sliced white onions; salt and pepper to taste. Garnish top with rings of sweet green peppers, pour over the whole good apple vinegar. If vinegar is very strong, use one part of water —two of vinegar. Serve immediately. If cucumbers stand too long they will be tough.

Lucy Parker.

CORN OYSTERS.

1 qt. grated corn.
3 egg yolks.
Butter size of an egg.
4 tbls. flour.

Add white of an egg beaten stiff to above ingredients with exception of lard and butter which is put in frying pan. When hot drop in mixture and fry a nice brown.

Mrs. M. M. Voorhies.

ASPARAGUS IN AMBUSH.

2 bunches cooked asparagus.
1 cup scalded milk.
2 eggs.
1 tbls. butter.
1 tbls. flour.
¼ t-spoon salt.
⅛ t-spoon pepper.
6 rolls.

Cut off tops of the rolls to serve as covers. Remove the crumb, dust the shells and covers with melted butter and brown in oven. Make white sauce of the milk, butter and flour. Cut the tender part of the asparagus fine, cook a few minutes in the white sauce; fill the rolls with the mixture, place on the tops and serve hot.

Mrs. A. C. Leonard.

HOPPING JOHN.

1 pt. of cow peas.
1 cup of rice.
Bacon.
A small piece of minced onion.

Soak the peas in cold water during the night. Put the bacon on in cold water to boil—when done, remove and put in the soaked cow peas to cook until done—then add the minced onion and a cup of well washed rice on top of the peas and the water in which cooked. The rice will be done in about thirty minutes, stir together and the mixture will be almost dry.

Dr. Emma Reba Bailey,
Washington, D. C.

FLAVORED BEETS.

2 cups sliced cooked beets.
½ cup sugar.
½ cup vinegar.
2 tbls. butter.
¼ t-spoon salt.
¾ tbls. corn-starch.

Dissolve the corn-starch in vinegar, add sugar and salt, and let come to a boil, stirring constantly—cook five minutes, then beat in the butter, pour over the beets and serve hot.

Mrs. T. F. Abercrombie.

FRIED SQUASH.

Wash and pare the squash; slice about 1/2 inch thick, sprinkle

with salt, pepper and dredge with flour, fry until a nice brown, in half butter and half lard. Cook slowly with cover over frying pan.

Mrs. Newton C. Wing.

STUFFED TOMATOES.

Pour boiling water over firm tomatoes and skin them. Chill. Cut a hole in the top of each tomato and stuff with equal parts of baked ham (run thru meat chopper), cucumber and celery. Put spoonful of mayonnaise on top and serve on lettuce leaf.

Mrs. E. H. Gillespy.

TOMATO FRITTERS.

1 qt. tomatoes.
1 t-spoon salt.
¼ t-spoon pepper.
Bread crumbs.
1 egg yolk.

Stew tomatoes until reduced to 1 pint; set aside to cool. When cold, add salt, pepper, egg yolk and sufficient bread crumbs to make a thick mixture. Drop by spoonfuls into boiling lard and fry as you would doughnuts.

Mrs. A. R. Brittain.

STUFFED EGGPLANT.

1 large egg-plant.
3 tbls. Wessons Oil.
½ cup bread crumbs.
½ cup stock.
1 egg.
3 tbls. chopped parsley.
2 medium tomatoes.
½ cup mushrooms.
1 tbls. flour.
1½ t-spoon salt.
½ t-spoon pepper.
1 tbls. vinegar.
1 medium onion.
1 small piece garlic.
1 cup soaked bread crumbs.

Cut egg-plant in halves, and carefully remove pulp without breaking skin. Mix pulp with some of the salt, pepper and vinegar, the onion, garlic and parsley chopped very fine, and the mushrooms and tomatoes coarsely chopped and pack all tightly down in a bowl, letting remain thus one hour. Fry all in a frying pan, adding rest of seasoning, until mixture is tender. Fill egg-plant shells with this, dot with butter, and bake till shells are tender, in a moderate oven. The stock, parsley, mushrooms and garlic may be dispensed with if not on hand.

Mrs. Elizabeth Wing.

TURNIPS WITH PORK.

Cook in covered sauce-pan in about a quart of boiling water for half an hour, a small piece of either salt or fresh pork. (If salt pork is used soak about twenty minutes in hot water to freshen). Then add turnips which have been washed, peeled and sliced thin. Cook all together until turnips are tender. The water should then be about all evaporated. Remove turnips, salt to taste and mash fine. Put in dish and sprinkle over them a little black pepper. Serve with hot corn meal muffins.

Mrs. A. G. Jones.

TURNIP SALAD OR GREENS COOKED WITH PORK.

Greens should be tender and fresh. If wilted, soak in cold water 1 hour. Wash well one peck, or desired amount, cutting off small roots. Put greens in large uncovered boiler, filling two-thirds full of boiling water. If greens are old enough to have large stems to leaves, these should be removed and discarded. This boiling takes away the bitter taste, which so many find objectionable. Drain greens, add small pieces of sliced salt pork, cook in 1 qt. boiling water for 1½ hours more. (Time in cooking depends on how young and tender greens are). Water may be added as it boils away. Water should be evaporated by time greens are ready to serve.

Mrs. W. F. Wimberley.

STRING OR SNAP BEANS WITH PORK.

(Southern Style.)

Beans to be good should be young and tender. If not perfectly fresh should be placed in cold water for an hour. Cut or break ends, taking strings (if any) with them. Wash, put in covered boiler with small piece of salt pork. (Wash pork well with hot water) Keep covered with boiling water about three hours or until beans are well done. Water should be evaporated when beans are ready to serve. Add salt to taste just before serving. These are good served warm with spoon corn bread (hot).

Mrs. Grady Carlisle.

STRING BEANS.

Wash and snap beans. Put meat drippings or lard into cooking utensil and get frying hot. Pour beans into kettle, stirring until they change color. Add a little water occasionally to keep from burning. Beans will cook in a third less time than the old way.

Z. V. Dabney.

BAKED BEANS.

2 cups Navy Beans.
½ t-spoon mustard.
2 tbls. molasses.
4 slices bacon.
¼ t-spoon soda.
Salt to taste.

Add soda to water in which beans are boiled. Cook until tender. Put in baking dish; add above ingredients, placing strips of bacon on top. Cover and bake for one half hour, taking care not to let them cook dry.

Mrs. Wm. A. Davis.

MOTHER'S BAKED BEANS.

1 qt. navy beans.
½ lb. salt pork.
1 tbls salt.
½ t-spoon mustard.
1 tbls. molasses.

Wash and pick beans and soak over night. In the morning drain, cover with cold water, bring slowly to the boiling point and parboil for about 1/2 hour. To test, take up a spoon full and blow on them, if the skin curls back they are done. Drain in colan-

der; place in a 2 qt earthen bean pot, put layer of beans, add salt pork, which has been previously washed and gashed across the top; fill pot with the beans. Dissolve the seasoning and molasses in hot water, pour over the beans, then fill the pot with hot water, cover and bake from 6 to 8 hours, renewing the water as it cooks away until nearly done, then let the water cook away.

Mrs. M. B. Horton.

LIMA OR BUTTER BEANS.

1 qt. green shelled butter beans.
2 tbls. butter.
¼ cup milk.
Salt and pepper.

Cover beans with boiling water in saucepan, cook uncovered about an hour, or until beans are tender. Water should be evaporated when beans are cooked. Add milk, butter and salt. Simmer a few minutes. Pour into dish, sprinkle over a little black pepper. Serve immediately. Two or three slices of bacon may be cooked with the beans which gives them a delightful flavor. In this case omit milk and butter, using salt and pepper to taste, having about three tbls. of liquid in which beans were cooked.

In cooking dry beans, wash and put in saucepan. Pour boiling water over them. Cover tightly and let stand forty minutes. Drain, and proceed as above for green beans.

Mrs. W. F. Wimberley.

LIMA BEANS AND MUSHROOMS.

2 cups cooked lima beans.
1 tbls. butter.
2 cups fresh mushrooms.
¼ t-spoon salt.
¼ cup cream.

Use beans that have been cooked, season with salt, pepper and butter. Put butter in saucepan, add beans, mushrooms and cream; let simmer for about ten minutes; serve hot. Dried lima beans should be soaked over night before using, drained and cooked in boiling water until soft. Season with cream and butter.

Mrs. E. Covington.

SUCCOTASH.

10 ears of corn.
1 qt. lima beans.
2 tbls. butter.
1 tbls. salt.
¼ t-spoon pepper.
1 cup sweet cream.

With sharp knife, cut corn from the cob, and add to the lima beans the last 15 minutes of cooking. The mixture should be cooked nearly dry. Add butter, seasonings and cream, and simmer for 10 minutes.

Mrs. Chas. Myers.

SCALLOPED CABBAGE.

Choose a hard crisp head of cabbage cut in quarters and cook till tender (25 min.) in boiling salted water. Chop rather fine, place in buttered baking dish pour over a generous amount of cream sauce and sprinkle top with bread crumbs. Bake 20 min. and serve in the same dish. This is as good as cauliflower.

Mrs. Spencer R. Stone.

STUFFED CABBAGE.

Select firm hard head cabbage, take out inside, leaving four or five leaves. Make dressing similar to turkey dressing (see recipe) minced meat, oysters or chestnuts may be added to dressing. Restuff cabbage, tie up and put in thin sack. Boil in salt water two hours. Remove from sack and serve.

Mrs. B. R. Adams,
Montezuma, Ga.

CAULIFLOWER.

Trim off outside leaves and lay blossoms in cold salted water. Slugs and other insects will drop out, especially if gently shaken in the water. Tie in piece of mosquito netting and lay, head up in boiling salted water and cook gently from twenty to thirty minutes or till very tender. Drain and serve with Hollandaise or Cream Sauce. This makes a delicious garnish for fried spring chicken or fried sweet breads.

Cauliflower with Parmesan cheese is made as above, adding a t-spoon of Parmesan cheese to the sauce before it is poured over the cauliflower; sprinkle melted butter over it and bake a few minutes in a hot oven.

Mrs. Charles Myers.

FRIED CORN.

6 medium ears corn.
4 slices bacon.
1 cup water.
1 t-spoon salt.

Cut through center of kernel of tender corn, scrape carefully from cob so pulp and juices may be extracted without the removal of hulls. Fry fat from bacon. Remove meat, add corn, boiling water and salt. Cook over moderate fire stirring occasionally, about 20 or 25 minutes. Corn should be slightly brown when done.

Mrs. J. A. Carlisle.

CORN SALAD.

10 ears of corn.
1 small cabbage.
2 stalks celery.
2 red and 2 green bell peppers.
2 tbls. salt.
3 onions.
1 tbls. dry mustard.
1 t-spoon tumeric.
1 cup sugar.

Cut corn from the cob, and chop vegetables fine; mix altogether, cook slowly for two hours, put up in small air tight cans, keep in a refrigerator when opened.

Mrs. J. C. Gentry.

ASPARAGUS.

Wash carefully 2 green bunches of asparagus, cut the ends until the tender part is reached. Arrange in one large bundle and fasten with broad band of coarse muslin, pinned at each side. Boil gently in salted water until done, about 20 to 30 minutes, use only

enough water to cover. Let water cook down toward the last of cooking. Serve on slices of buttered toast with Hollandaise Sauce.

Miss Alice Needham.

DUTCH POTATOES (Very Good).

6 medium size boiled potatoes.
2 t-spoons sugar, less if desired.
1 medium size onion.
3 slices bacon.
¼ cup vinegar.
Salt and pepper.

Crisp bacon in frying pan, cut in small pieces. Stir sugar and salt in the vinegar. Pour this into the frying pan, add potatoes, onions (sliced), salt and pepper to taste. Cover. Steam about ten minutes. Serve immediately with any cold sliced meat.

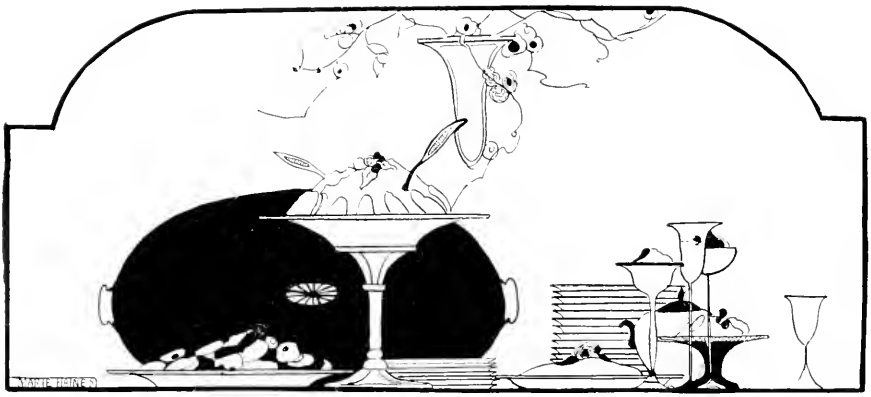
Mrs. William D. Alexander.

LYONNAISE POTATOES.

6 boiled potatoes.
2 tbls butter.
1 onion chopped fine.
1 t-spoon salt.
⅛ t-spoon pepper.
1 t-spoon minced parsley.
¼ t-spoon lemon juice.

Cook butter and onions in an omelet pan, add potatoes and seasonings, mix well and saute a nice brown. Just before serving add parsley and lemon juice.

Miss Irma Rankin.



DAINTY DESSERTS.

Mrs. J. B. Dinwiddie, Chairman.

Frozen desserts prolong the digestion of a meal, as does a sweet taste, and so are used to finish a meal. There is little food value in water ices, gelatine deserts or cold beverages outside of this fact—pies, ice-creams, puddings, and custards are rich in food value which should be remembered in planning a meal.

Mary P. Means.

BANANA CUSTARD.

¾ cup sugar.
2 cups milk.
½ cup corn starch.
1 egg (well beaten).
1 t-spoon vanilla.
½ cup marshmallow whip.

Stir to dissolve ingredients mentioned in first column and then bring to a boil and cook slowly for 5 minutes. Add ingredients of second column. Rinse 6 small custard cups in cold water and then pour in custard. Set in ice box to chill. When ready to serve, unmold and cover the entire custard with thinly sliced bananas which have been dipped in sugar to make the bananas stick. Sprinkle with finely chopped nuts and top off with one t-spoonful marshmallow whip. Garnish with maraschino cherry. Then pour 1 t-spoon of the syrup from bottle of cherries over the custard.

Mrs. Newton C. Wing.

FROZEN PUNCH.

3 cups sugar.
½ gal. tea.
½ doz. lemons.
1 qt. ginger ale.
1 can shredded pineapple.

Stir sugar in hot tea to dissolve. When cold add other ingredients and stir well. Freeze and let stand packed for two hours. Use two parts finely crushed ice to one of salt. Serve with cherry on top of each serving. Serves 25.

Mrs. A. C. Plage,
East Lake.

MARSHMALLOW FRAPPE.

6 egg whites.
6 tbls. sugar.
1 envelope gelatine.
1/3 cup cold water.
2 cups hot water.
½ cup fruit, (candied).
½ cup nuts.

Soak gelatine in cold water five minutes; dissolve in hot water. Beat eggs very stiff, add sugar and beat in the dissolved gelatine, fruit and nuts. Place in pan of ice water, stir until creamy. Put on ice. Serve with yellow sauce.

Sauce.

6 egg yolks.
8 tbls sugar.
2 tbls flour.
3 cups milk.
Vanilla to taste.

Cream sugar, egg yolks and flour together well. Put milk in double boiler, add mixture and stir until creamy. Cool and add vanilla.

Mrs. F. D. Waite.

MARSHMALLOW DAINTY.

½ lb. marshmallows.
1 pt. thick cream.
1 t-spoon vanilla.
1 cup nut meats.
Sugar to sweeten cream.

Cut marshmallows into small pieces; chop nuts not too fine. Whip cream, flavor and slightly sweeten. Place in serving or individual dishes in alternate layers, cream on top. Serve very cold. Garnish with candied flowers or fruit. Serves 8.

Mrs. H. E. VanVoorhees.

MARSHMALLOW CREAM.

1 pt. heavy cream.
2 egg whites.
1 t-spoon vanilla.
1 doz. marshmallows.
¼ lb. crystallized cherries.

Beat cream until stiff and sweeten to taste; add well beaten egg whites, vanilla, cherries, and marshmallows cut up fine. Set on ice about 3 hours. Serve in Parfait or Sherbet glass.

Mrs. J. H. Gibbs.

HAVANA CREAM.

8 oz. fresh grated cocoanuts.
1 lb. sugar.
4 large oranges.
2 lemons.
4 oz. butter.
6 egg yolks.
2 whole eggs.

Grate rinds of 1 orange and 1 lemon, squeeze the juice; mix well with sugar and bring to a boil. Add butter, then cocoanut, boil five minutes; stir in eggs and cook slowly until thick. Excellent to serve with fruit cake. It can be kept indefinitely in a glass jar in refrigerator.

Mrs. James N. Austin.

CHARLOTTE RUSSE.

½ envelope gelatine.
1/3 cup scalded cream.
¼ cup water.
½ doz. lady fingers.
3 cups whipped cream.
1 t-spoon vanilla.
1/3 cup powdered sugar.

Soak gelatine in cold water and stir this in scalded cream. Strain; add sugar and vanilla. Set in ice box until thick. Fold in gradually the whipped cream. Place lady fingers in mold, pour in mixture and chill.

Mrs. R. T. Aderhold,
Pres. College Park Woman's Club.

CHOCOLATE SOUFFLE.

2 sq. unsweetened chocolate.
1/3 cup sugar.
2 t-spoons vanilla.
1 tbls. gelatine.
1 pt. milk.
3 eggs.
½ cup sugar.

Dissolve gelatine in 1/4 cup cold water. Melt chocolate with sugar over hot water; add milk gradually. When milk is scalded stir and cook into it, yolks of the eggs beaten with 1/2 cup sugar. Cook until mixture coats the spoon; add vanilla and gelatine dissolved in cold water. Strain all this over the stiffly beaten whites of eggs. After folding in egg whites, turn mixture into chilled mold to congeal. Serve with sweetened whipped cream.

Mrs. Edward H. Barnes.

PRUNE SOUFFLE.

1 cup prune pulp.
4 tbls. sugar.
4 egg whites.
Chopped nuts.

Stew 1/2 lb. prunes in as little water as possible. Drain and put through colander. Add sugar to well beaten egg whites, and add prune pulp. Pour in buttered pudding dish, set in pan of hot water, bake very slowly until set. Serve with whipped cream. Sprinkle with chopped nut meats if desired.

Mrs. F. J. Massenburg.

CHERRY GELATINE.

1 envelope gelatine.
½ cup cold water.
¾ cup sugar.
2 cups boiling water.
½ cup cherry juice.
½ cup lemon juice.
1 pt. sweetened red acid cherries.
2 egg whites.

Soak gelatine in cold water five minutes. Dissolve with boiling water, add sugar, cool; add lemon juice and cherry juice. When half congealed add beaten whites; when almost congealed add pitted cherries.

Mrs. John Hardwick.

PINEAPPLE AND GRAPEFRUIT GELATINE.

2 envelopes gelatine.
2 cups cold water.
2¼ cups sugar.
4 cups boiling water.
¼ cup lemon juice.
2½ lb canned pineapple.
2 grapefruit, medium size.

Dissolve gelatine in 1 cup cold water; add 1 cup cold water or pineapple juice. Add boiling water, sugar, lemon juice. When half congealed, add diced grapefruit and pineapple. Congeal, serve as a dessert or a salad with mayonnaise.

Mrs. E. D. McDonald.

COFFEE GELATINE.

1 envelope gelatine.
¼ cup cold water.
2 cups boiling coffee.
3 eggs.
½ cup milk.
1 cup sugar.
1 t-spoon vanilla.

Dissolve the gelatine in a little cold water. Add boiling clear coffee, beat together yolks of eggs, milk and sugar. Turn into coffee and gelatine and cook in double boiler until it thickens slightly. Remove from fire and add the stiffly beaten whites of eggs, stirring together only until well mixed, add 1 t-spoon of vanilla. Turn into mold to harden. Serve cut in slices with a sauce made of thick cream slightly sweetened and flavored with vanilla.

Mrs. Frank Daub.

STRAWBERRY DELIGHT.

1 pkg. fresh marshmallows.
1 qt. strawberries.
1 pkg. lady fingers.
1 pt. whipped cream.

Mash berries, reserving whole, a few of the choicest ones; cut marshmallows with shears into 4 parts, and soak in strawberry juice 2 hours until soft. Mix lady-fingers, crumbled, marshmallows, fruit juice and whipped cream together 5 minutes before serving time. Serve in tall glasses, with spoonful of whipped cream and strawberry on top. Pineapple, or any tart fruit may be substituted.

Mrs. Newton C. Wing.

ORANGE TAPIOCA.

¼ cup tapioca.
1½ cups water.
1 orange.
½ cup sugar.

Cook tapioca and sugar in double boiler until clear. Add orange (cut in small pieces). Serve cold with cream. Canned peaches cut in cubes and maraschino cherries may be added.

Mrs. J. B. Dinwiddie.

FRUIT DESSERT.

3 bananas.
5 oranges.
Cocoanut.
3 slices chopped canned pineapple.
½ cup honey.
1 cup chopped nut-meats.

Skin and dice bananas, slice peeled oranges, removing seeds. Put these into a glass dish and add a layer of cocoanut, pineapple,

honey and chopped nut-meats. Chill and serve with whipped cream, sweetened with a little honey. Maple-syrup may be used instead of honey.

Mrs. Henry Alford Porter.

BAKED BANANAS.

6 bananas.
1 cup brown crumbs.
½ cup sugar.
1 lemon.
1 tbls. butter.
Water.

Brush baking dish with butter; peel bananas and place in the dish whole; fill in with crumbs, sugar, juice of lemon and butter. Add enough water to almost cover fruit. Bake.

Mrs. B. Christopher.

APRICOT JELLY.

1 lb. dried apricots.
1 cup sugar.
2 tbls. gelatine.
½ cup cold water.

Wash apricots, cover with cold water and let soak several hours. Add sugar and boil slowly for one hour in same water. Strain through a fine wire sieve. With the juice they should be of the consistency of fruit butter. While hot stir in gelatine which has been softened in cold water. Mold and serve with whipped cream.

Mrs. J. A. Sibley.

APRICOT SHERBET.

1 qt. can apricots.
2 cups water.
1 egg white.
1 cup sugar.
Juice 3 lemons.

Mash apricots through sieve. Make a syrup of water and sugar boiled together five minutes. Add mashed apricots to syrup; cool and freeze. When mixture begins to freeze, add beaten egg white.

Miss Clara Lee Cone,
Director Home Economics, Girls High School.

BISQUE ICE CREAM.

1 qt. milk.
1 pt. cream.
2 junket tablets.
1½ cups sugar.
1 cup pecan meats.
1 doz. almond macaroons.
1 t-spoon vanilla.
¼ t-spoon salt.
Few drops coloring.

Heat milk until luke warm, add sugar, salt and junket tablets that have been dissolved in 2 t-spoons of cold water. Put in warm room for 20 minutes. When firm, mix with cream which has been whipped. Add nut meats, macaroons, vanilla and coloring. Freeze as you would any ice cream. Serves 8.

Mrs. H. B. Rogers.

TUTTI-FRUTTI ICE CREAM.

1 pt. milk.
3 eggs.
1 qt. whipped cream sweetened to taste.
1 cup grated pineapple.
1 cup sugar.
1 cup pecan meats.

1 cup strawberry preserves.
1 small bottle of maraschino cherries, cut in pieces.

Mix fruit and nuts and let stand for several hours. Make custard of milk, sugar and eggs, cool and add to cream. When ready to freeze add fruits and nuts. Freeze, using one measure of salt to three of crushed ice.

This cream is very much improved by pouring a small amount of wine or brandy over the fruit while standing.

Mrs. P. V. Oswald.

PEPPERMINT ICE CREAM.

1 pt. milk.
1 qt. cream.
1 lb. peppermint stick candy.

Crush candy and dissolve in milk; add cream and freeze. This is delicious.

Mrs. S. A. Ledbetter.

NOUGAT ICE CREAM.

3 cups milk.
1 cup sugar.
5 egg yolks.
1 t-spoon salt.
1½ cups heavy cream.
Whites 5 eggs.
1/3 cup each, pistachio, filbert. English walnut and almond meats.
1 t-spoon almond extract.
1 tbls. vanilla.

Make a custard of first four ingredients, strain, and cool. Add heavy cream beaten until stiff, whites of eggs beaten until stiff, nut meats finely chopped, and flavoring. Then freeze.

Mrs. D. F. Stevenson.

MARSHMALLOW ICE CREAM.

1 qt. thick cream, whipped stiff.
Parched almonds.
1 tbls. gelatine.
8 marshmallows.
Flavoring.

Beat marshmallows into whipped cream, sweeten and flavor to taste; add gelatine to a little cold water, dissolve over hot water and beat into whipped cream last. Freeze. Serve with rolled parched almonds.

Mrs. C. K. Ayer.

VANILLA ICE CREAM.

1½ cups sugar.
2 t-spoons vanilla.
5 tbls. cornstarch mixed with cold water.
3 pts. milk.
3 eggs.

Stir sugar in milk, bring to a boil; add slowly and stir in cornstarch. To the beaten yolks add a little of the mixture, then a little more until all is mixed with milk. Turn off gas; add beaten whites and vanilla. Freeze.

Mrs. John Hardwick.

FRUIT ICE.

Pack a can of peaches, pears, apricots, or any fruit put up in a syrup heavy enough for table use in ice and salt; freeze like a mousse. Remove the contents of the can carefully, (by cutting around center of can) in a block, slice and serve as an ice.

Mrs. J. W. Yopp.

APRICOT ICE.

2 cans apricots.
1 doz oranges.
½ doz. lemons.
2 cups sugar.
1½ pts. water.

Press apricots through a fine sieve, squeeze the oranges and lemons adding the juice to the apricot pulp. Boil water and sugar for several minutes, allow to cool. Add this to fruit juice, stir well and freeze.

Mrs. R. E. Wynn.

ORANGE SHERBET.

6 oranges.
1 lemon.
1 lb. sugar.
1 qt. water.

Add grated yellow rind of 3 oranges to sugar; add water, stir until sugar is dissolved and boil five minutes after mixture begins to boil. Strain; when cool add a pint of orange juice and juice of lemon. Freeze.

Mrs. James, L. Logan.

MILK SHERBET. PINEAPPLE OR PEACH.

1 pt. milk.
1½ cups sugar.
Juice of 2 lemons.
1 pt. water.
1 small grated pineapple.
1 tbls. gelatine.

Add lemon juice and one half of the sugar to water. Scald milk (be careful not to boil it). Put gelatine in ¼ cup cold water a few minutes, add to hot milk with balance of sugar. Stir until dissolved and let cool. Add pineapple to lemonade, put in freezer turn crank a few minutes until mixture thickens; remove top from freezer add milk and gelatine and finish freezing. Soft peaches instead of pineapple are fine for this sherbet.

Mrs. John F. Daniel.

PINEAPPLE SHERBET.

1 can grated pineapple.
3 oranges, (juice).
2 lemons, (juice).
2 cups sugar.
1 qt. whole milk, or
1 pt. milk and 1 pt. cream.

Add 1 cup sugar to fruit. Mix milk with other cup of sugar and partially freeze. Add fruit and fruit juices and complete freezing.

Mrs. J. C. Kirk.

FRUIT SHERBET.

1 qt. water.
1½ cups sugar.
Juice of 1 lemon.
1 pt. fruit juice, and fruit.
Whites of 2 eggs.

Boil water and sugar together five minutes; let cool. Add lemon and fruit juices. Put in freezer and when half frozen add the beaten whites of 2 eggs, and then continue to freeze until stiff. Remove dasher and pack. Canned red raspberries, apricots (put through sieve) or shredded pineapple, also fresh orange, strawberry, or grape juices are delightful for this ice.

Mrs. H. B. Rogers.

FROZEN NEWPORT WHIP.

1 pt. strawberry juice.
1 cup heavy cream.
1 pt. sugar.
2 egg whites.

Boil strawberry juice and sugar together until a heavy syrup; let cool; add egg whites beaten until foamy to syrup, add cream and stir until very frothy. Pour into wet mold and bury two hours in salt and ice. Raspberry juice can be used as well as strawberry.

Mrs. J. B. Rowe.

CHOCOLATE MOUSSE.

2 squares unsweetened choc.
½ cup powdered sugar.
1 cup cream.
¾ tbls. gelatine.
3 tbls. boiling water.
¾ cup sugar.
1 t-spoon vanilla.
1 qt. cream.

Melt chocolate, add powdered sugar, and gradually one cup cream. Stir over fire until boiling point is reached; add gelatine, soaked in cold and dissolved in boiling water, sugar and vanilla. Strain mixture into a bowl, set in ice-water, stir constantly until mixture thickens; fold in the remaining cream. Mold, pack in salt and ice, and let stand 4 hours.

Miss Hazel A. Stevenson.

RUBY MOUSSE.

1 glass jelly.
1 pt. cream.

Beat cream until stiff, add jelly and freeze. Grape jelly makes a beautiful lavender color.

Mrs. A. C. Plage.

MAPLE PARFAIT.

6 egg yolks.
¾ cup maple syrup.
2 cups whipped cream.

Beat egg yolks until very light, pour over them the maple syrup. Cook in double boiler until it makes a thick coating on the spoon. Pour into a bowl and beat with a wire egg beater until light. Add whipped cream, put in mold, pack in ice and salt about 4 hours.

Mrs. W. M. Seay.

MAPLE MOUSSE.

¾ cup hot maple syrup.
2 eggs.
½ pt. whipped cream.

Pour hot syrup over eggs beating constantly. Cook slowly until the mixture thickens. When cool fold into the cream whipped, and pack in equal parts of ice and coarse salt. Let stand 3 hours.

Mrs. M. H. Stevens.

COFFEE MOUSSE.

1 pt. sweet cream.
1 cup sugar.
½ cup strong coffee.

Whip the cream, add sugar sifted; then coffee. Put in a mold, surround with salt and ice and let stand two hours.

Mrs. J. B. Dinwiddie.

BISCUIT TORTONI.

¾ cup sugar.
¾ cup water or coffee.
1 pt. heavy cream, whipped.
3 eggs well beaten.
12 macaroons well browned.
Almond flavoring.

Boil sugar and water or coffee until it spins a thread; mix with eggs; beat until cool, add whipped cream. Put one half the macaroons crumbled in the bottom of the mold, fill in with the mixture, crumble balance of macaroons. Pack in ice and salt and let stand four hours.

Mrs. P. V. Oswald.

PINEAPPLE MOUSSE.

1 can pineapple.
1½ cups whipped cream.
¾ cup sugar.
1 egg white.

Drain juice from can of pineapple, add enough water to make 1 pt., boil with sugar. It should be like rich syrup when cool. Add to cool syrup cream whipped stiff and egg white whipped dry. Beat until it is frothy; put in mold and pack with ice and salt two hours.

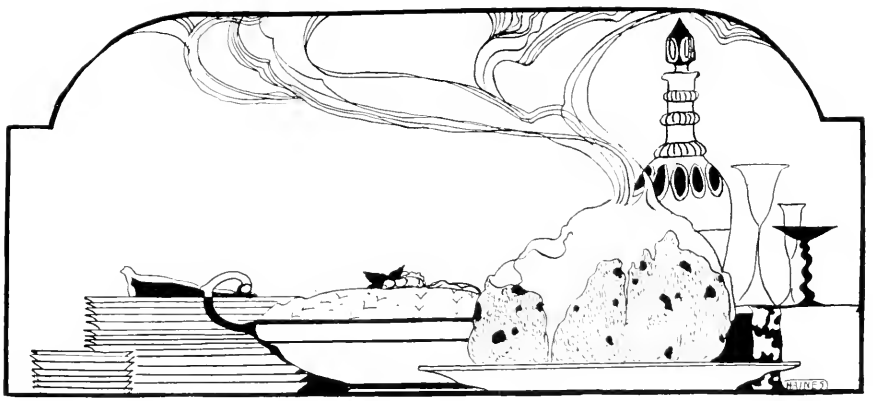
Mrs. J. B. Rowe.

NESSELRODE PUDDING.

1 pt. large chestnuts.
1 pt. water.
1 lb. sugar.
French candied fruit.
1 pt. cream.
6 egg yolks.
1 pt. grated apple.
1 tbls. vanilla.

Boil chestnuts until tender, remove the shell and brown skins, press pulp through a strainer, boil sugar and water together for five minutes, beat yolks until light, add to boiling syrup, beat continuously, until thick and cool, then add candied fruit chopped very fine vanilla, pineapple and chestnuts. Put into freezer, when frozen stir in the cream whipped to a stiff froth.

Mrs. J. P. Snellgrove.



PASTRIES, PUDDINGS AND DUMPLINGS.

Mrs. W. R. Bean, Chairman.

BANANA PUDDING.

2 boxes vanilla wafers.
6 large bananas.
1½ cup sugar.
2 egg yolks.
4 tbls. flour.
1 tbls. butter.
1 tbls. vanilla.
1 pt. milk.

Mix flour and sugar, dissolve with milk, put in beaten yolks and butter. Cook in double boiler until thick. (Pineapple may be used instead of bananas.) Pour this over wafers and bananas which have been sliced lengthwise into pudding dish.

Mrs. F. A. Smith.

EGGLESS STEAMED PUDDING (Suitable For Children).

1 pt. flour.
1 t-spoon salt.
1¼ cups butter milk.
½ cup raisins.
1 cup chopped apples.
1 t-spoon soda.
2 tbls. brown sugar.
1/3 cup molasses.
½ cup currants.

Mix all together, pour into well greased mold, steam 2-1/2 hours. Serve with any kind of sauce.

Mrs. G. B. Denman.

A DELICIOUS NUT PUDDING.

1 cup molasses.
1 cup sour milk.
1 cup English walnuts.
1 tbls. nutmeg.
2½ cup flour.
1 cup suet.
1 cup raisins.
½ cup figs.
1 t-spoon soda.
½ t-spoon salt.

Put suet through meat grinder, add molasses, then soda dissolved in milk. Chop nuts and raisins and mix with flour. Add

nutmeg, put in greased 1 pound coffee cans and steam from 2-1/2 to 3 hours.

Sauce.

1 cup powdered sugar.
1 cup sweet cream.
½ cup butter.
1 t-spoon vanilla.

Beat to a cream butter and sugar. Whip cream, and add to this. Put in double boiler and cook until foamy and smooth, add flavoring and serve on pudding.

Mrs. M. L. Smith.

BAKED INDIAN PUDDING.

New England Style.

1 pt. milk.
3 tbls. yellow meal.
1 egg.
¼ t-spoon cinnamon.
½ cup molasses.
1 tbls. butter.
¼ t-spoon salt.

Stir meal into scalding milk while cooking; when cooked take from stove add well-beaten egg, molasses, butter, salt and cinnamon; add 1 pt. cold milk. Bake slowly 3 or 4 hours.

Mrs. J. C. Wing,
Palmer, Mass.

GRATED SWEET POTATO PUDDING.

4 cups grated potato.
1 cup Georgia cane syrup.
1 cup sugar.
1 cup milk.
½ cup butter.
½ cup chopped nuts.
2 t-spoon salt.
2 tbls. ground ginger.
1 t-spoon cinnamon.
3 eggs.
½ pt. whipped cream.

In iron skillet melt butter, stir in all ingredients except nuts which should be added when half done. Cook in hot oven about 40 minutes, adding 1 cup hot water if it gets very stiff. Serve almost cold with whipped cream. A favorite dessert of my family.

Mrs. L. G. Neal.

CHOCOLATE BREAD PUDDING.

1 cup bread crumbs.
2 cups scalded milk.
1 oz. chocolate.
¼ cup boiling water.
½ cup nuts.
1/3 cup sugar.
1 egg.
¼ t-spoon salt.
½ t-spoon vanilla.

Add bread crumbs to scalded milk and allow to soak until soft. Cut chocolate in pieces, add boiling water and cook until a smooth paste is formed. Add this to bread mixture. Beat eggs; add sugar and salt. Add the first mixture to the egg mixture; add vanilla and turn into a buttered dish; bake in a moderate oven. Serve with plain or whipped cream or lemon sauce.

Mrs. J. A. Sibley.

DATE PUDDING.

1 cup chopped dates.
1 cup chopped nuts.
1 cup sugar.
2 tbls. flour.
1½ t-spoon baking powder.
3 tbls. milk.
2 beaten eggs.
Salt to taste.

Stir all together and steam 1 hour. This well be a sticky mess, but set it aside for a few hours, serve with whipped cream, and you will find it delicious.

Mrs. A. C. Plage.

KISS PUDDING NO. 1.

1 qt. milk.
4 eggs.
2 tbls. butter.
2 tbls. corn starch.
½ cup sugar.

Stir together gradually corn starch and well beaten yolks, add with butter to milk near boiling, stir until thick; pour into baking dish, add sugar to stiffly beaten egg whites, top pudding with this meringue, brown in moderate oven, and serve with light sauce.

Mrs. C. R. Hardy.

DATE PUDDING NO. 1.

½ pt. whipped cream.
1 cup dates.
1 cup walnut meats.
1½ tbls. flour.
1 t-spoon baking powder.
3 eggs.
¾ cup sugar.
¼ t-spoon salt.
1 t-spoon vanilla.

Mix dates, walnut meats, sugar and salt together; add flour mixed with Royal Baking Powder, then egg yolks and vanilla. Beat lightly with fork then fold in whites. Bake nearly an hour in moderate oven. Serve with whipped cream in tall glasses.

Mrs. Earle Harris,
Chattanooga, Tenn.

SOUTHERN PUDDING (Excellent.)

3 tbls. corn starch.
6 tbls. sugar.
Canned peaches or preferred fruit.
5 eggs.
1 qt. milk.
Pinch salt.

Beat yolks of eggs light, add sugar and beat again until very light. Mix corn starch with a little cold milk and stir into 1 qt. scalded milk. Add salt and stir until it thickens. Pour into pudding dish, place in oven, let remain until it will bear icing. Place over top, layer of canned peaches or preferred fruit. (It improves to mix the syrup of fruit with custard.) Beat white of eggs to stiff froth with 2 tbls. of sugar to each egg. Spread on custard, brown evenly in oven. This is a very delicate pudding.

Mrs. D. F. Stevenson.

COCOANUT PUDDING.

¼ lb. grated cocoanut.
¼ lb. butter.
1 lb. sugar.
½ pt. cream.
9 eggs.
1 gill rose water.

Stir the butter and sugar as for cake, add the eggs well beaten, put in other ingredients and bake with or without crust.

Miss Alma Levy.

DATE PUDDING NO. 2.

1 cup dates, (pitted).
1 cup walnuts, (quartered).
1 cup sugar.
2 eggs.
1 t-spoon Royal baking powder.
2 tbls. flour.
Pinch salt.

Grind dates and nuts together; stir unbeaten eggs, sugar and salt together. Add to mixture flour, baking powder, dates and nuts. Mix well. Bake 40 minutes in slow oven. Serve with thick cream.

Mrs. Alfred E. Buck.

MACAROON PUDDING.

1 tbls. gelatine.
½ cup cold water.
1¾ cups sugar.
3 eggs.
¾ pt. milk.
1 t-spoon vanilla.

Soak gelatine in cold water 10 minutes; dissolve over warm water. To well beaten yolks of eggs add sugar, milk, gelatine and cook for 15 minutes; (mixture should look curdled). While hot pour over well beaten whites stirring all the time. Add flavoring. Line a bowl or mold with macaroons, pour part of mixture over macaroons. Add more macaroons and rest of mixture. Set aside to cool. Nice served with whipped cream and maraschino cherries.

Mrs. A. M. Floyd.

BLACKBERRY PUDDING.

1 cup milk.
½ cup sugar.
1 egg.
1 cup berries.
1 t-spoon soda.

Beat eggs and sugar together; add milk and soda; to this add berries drained and flour enough for thin batter. Bake until done.

Sauce.

1 cup berry juice.
1 cup water.
½ cup sugar.
½ t-spoon butter.
Corn starch.

Boil water, berry juice and sugar together, add butter and enough corn starch to thicken.

Mrs. J. B. Rowe.

PLUM PUDDING.

1 cup finely chopped beef suet.
2 cups bread crumbs.
1 cup sugar.
1 cup chopped blanched almonds.
½ cup citron sliced thin.

1 cup seeded raisins.
1 cup currants.
1 cup figs.
4 well beaten eggs.
1 t-spoon salt.
1 t-spoon cinnamon.
1 t-spoon cloves.
½ grated nutmeg.
1 cup wine.

Flour fruit thoroughly, using part of 1 pint flour. Mix remainder as follows; pour beaten eggs into large bowl, add sugar, spices, salt and wine. Stir in the dredged fruit, chopped nuts, bread crumbs and suet alternately until all are used; adding last 1 t-spoon of soda dissolved in 1 tbls. of warm water. Then add balance of flour to make fruit stick together. Boil or steam in mold four hours.

Mrs. T. J. Hightower, Jr.

EASY APPLE PUDDING.

1 pt. flour.
3 t-spoons baking powder.
1 t-spoon salt.
1 tbls. shortening.
2/3 cup milk.

Slice enough tender apples to fill pan 3/4 full; make soft dough, as for biscuit. Spread over apples and bake. When done turn out, apples up, spread with butter and sugar, use your judgment for this amount, return to oven to melt, serve warm with sweet cream.

Mrs. W. B. Disbro.

KISS PUDDING NO. 2.

¾ cup sugar.
½ tbls. butter.
1 qt. milk.
2 tbls. corn starch or flour.
3 eggs.

Mix dry ingredients and add yolks of eggs and milk. Put over fire and stir until it is a thick cream. Add butter. Whip whites of eggs with part of sugar for meringue. Put on top and brown lightly in hot oven. Flavor to taste.

Mrs. J. A. Sibley.

DATE PUDDING NO. 3.

1 cup sugar.
3 eggs.
1 cup chopped nuts.
1 cup dates.
3 tbls. flour.

Separate eggs, beat whites until stiff, yolks until frothy. Mix flour and sugar, add to the eggs, then chopped fruits, stir just enough to mix. Bake 45 minutes in slow oven.

Mrs. J. B. Rowe.

CHRISTMAS PLUM PUDDING (English).

8 oz. moist sugar.
8 oz. finely chopped suet.
8 oz. sultanas, (cleaned).
8 oz. seeded raisins, (halved).
8 oz. currants, (washed and dried).
4 oz. flour.
4 oz. bread crumbs.
2 oz. blanched almonds (shredded).
1 lemon, (grated rind).
4 eggs.

1 saltspoon grated nutmeg.
½ t-spoon salt.
4 oz. mixed candied peel, shredded.
¼ pt. milk.
1 wineglass brandy.

Mix all dry ingredients together, stir in the well beaten eggs, milk and brandy. Turn the mixture into two well buttered basins; steam from 5 to 6 hours. Sufficient for eight or nine persons.

Mrs. Rupert E. Hall.

CABINET PUDDING.

4 doz. macaroons.
1 cup pecans.
6 eggs.
½ cup warm water.
½ cup maraschino cherries.
1½ cups sugar.
2 tbls. gelatine.
1 cup grape juice.

Beat yolks of eggs and sugar together. Add gelatine which has been dissolved in warm water and grape juice. Put in double boiler and cook till thick. When cool enough add whites of eggs which have been beaten very stiff. Add crumbled macaroons, cherries and pecans. Put in a mold, set in refrigerator to congeal. To serve place on platter and cover with whipped cream and cherries if desired.

Mrs. Chester Alexander.

FROZEN PUDDING.

1½ qts. milk.
2 cups sugar.
1 envelope gelatine.
1 cup crystallized fruit.
1 qt. cream.
4 eggs.
½ cup flour.
1 cup strawberry preserves.
1 cup pecans.

Dissolve gelatine in a little cold water and add to the hot milk. Make a custard of milk, eggs, sugar and flour. When thick strain and cool, then add any flavoring desired (Sherry preferred). Add cream and freeze; when about half frozen add pecans, fruit and preserves.

Mrs. S. F. Boykin.

ONE-TWO-THREE PASTRY (Good).

1 cup (unsifted) flour.
2 tbls. butter or lard.
3 tbls. ice water.
½ t-spoon salt.

Mrs. Porter King.

PIE CRUST.

4 cups flour.
1 cup cooking oil.
1 t-spoon salt.
1 cup cold water.

Rub flour, oil and salt together, then add water.

Mrs. Walter E. Smith.

FRENCH PASTRY.

1 egg.
½ lb. flour.
2 tbls. sugar.
4 egg yolks.
1 or 2 tbls. ice water.
½ lemon (grated peel).
¼ lb. butter.
½ t-spoon salt.

Sift together flour, sugar and salt. Cut in butter and lemon rind. Add beaten yolks and ice water. Set on ice to chill. Roll about 1/8 inch thick, glaze top with beaten egg (white and yolk) sprinkle sugar. Bake in moderate oven, after cutting into desired shapes.

Mrs. Bruce Young.

PASTRY.

1 cup good flour.
½ cup Snowdrift.
½ t-spoon baking powder.
Iced water.
Pinch of salt.

Rub shortening into the flour very thoroughly; add salt and baking powder, which have been mixed well together. Add enough water to make a dough that can be rolled out, handling as little as possible. Turn pie pan up side down, grease with butter and fit the pastry over it. Stick with fork and bake.

Clementine G. Rawling.

BLACKBERRY DUMPLING.

2 cups flour.
½ t-spoon salt.
2 cups shortening.
2 tbls. brown sugar.
2 t-spoons baking powder.
2 tbls. sugar.
½ cup ice water.
½ t-spoon butter.

Mix flour, salt, baking powder, sugar and water together making a dough. Roll out 1/4 inch thick and cut into 4 squares. Place pastry in muffin pans and fill with blackberries. Brush with water and dust lightly with brown sugar and butter. Bake in moderate oven for 25 minutes. Serve with vanilla sauce.

Mrs. Lily R. Mell.

PEACH DUMPLING.

2 cups flour.
4 tbls. shortening.
¾ cup milk.
4 t-spoons baking powder.
½ t-spoon salt.
½ cup sugar.
1 t-spoon cinnamon.
1 tbls. butter.
Several peaches.

Mix first 5 ingredients together. Roll 1/2 inch thick, cut into squares, put peaches in each square with cinnamon and sugar to taste. Take corners and pinch together. Place in greased pan, dot with sugar and butter. Bake in moderate oven until brown. Serve hot.

Mrs. J. F. Buchanan.

APPLE DUMPLING OR COBBLER.

1 cup sugar.
8 apples.
¼ t-spoon salt.
½ t-spoon cinnamon.
½ t-spoon nutmeg.
½ tbls. butter.

Sprinkle lower crust with flour then add sugar. Pare apples and slice thin. Place in deep pan, add cinnamon, salt, nutmeg and butter. Cover with upper crust, bake 1 hour. Use plain pie crust for dumplings.

Mrs. Tom Hatton.

CHICKEN DUMPLING.

3 cups flour.
1 t-spoon baking powder.
6 Irish potatoes.
2 cups milk.
1 t-spoon salt.
Yolk of 1 egg.

Cut chicken as for frying, stew until tender with potatoes. Make a dough using one cup of milk, drop in large spoonsful into boiling pot, which should be about 1/2 full, cover closely and boil slowly for thirty-five minutes without lifting cover. Thicken gravy remaining in pot with yolk, one spoon flour and remaining cup of milk. Dumplings should be light and spongy.

Mrs. W. B. Disbro.

VANILLA SAUCE.

½ cup sugar.
½ cup white corn syrup
½ cup water.
2 tbls. corn starch.
1 tbls. vanilla.

Stir to dissolve and bring to a boil, cook 3 minutes. Add vanilla after boiling.

Mrs. Lily R. Mell.

LEMON SAUCE.

6 tbls. powdered sugar.
2 tbls. butter.
1 tbls. lemon juice.

Beat all until smooth.

Mrs. Walter E. Smith.

WOODFORD SAUCE.

2 tbls. butter.
¼ t-spoon salt.
Pulverized sugar.
1 tbls. vanilla.
1 cup whipped cream.

Cream butter, add as much sugar as it will take up. Add salt. Place over boiling water until it becomes a liquid. Just before serving add vanilla and whipped cream. Serve hot.

Mrs. W. R. Bean.

CARAMEL SAUCE.

1 cup brown sugar.
1 tbls. water.
1 cup boiling water.
1 tbls. butter.

Mix sugar and water, let stay on stove until it melts. Add butter and boiling water. Boil until it begins to thicken.

Mrs. J. W. Shelor.

FOAMING SAUCE.

2 tbls. butter.
1 cup powdered sugar.
1 egg (well beaten).
1 t-spoon vanilla.

Cream together butter, sugar and well beaten egg. When smooth add vanilla. When ready to serve blend carefully with a cup of whipped cream. Spread over pudding and sprinkle lightly with grated nutmeg.

Clementine G. Rawling.

YELLOW SAUCE.

2 eggs.
1 cup sugar.
1 t-spoon lemon.

Beat eggs until very light, add sugar, beat again, then add lemon. Steam for 10 minutes.

Mrs. W. R. Bean.

HARD SAUCE.

1 cup butter.
2 cups pulverized sugar.
2 t-spoons vanilla.
1 lemon (juice).
1 t-spoon nutmeg.

Cream butter and sugar, add lemon juice and nutmeg. Serve cold.

Mrs. D. M. Haynes.

BUTTER SCOTCH PIE NO. 1.

(Kentucky Recipe).

2 cups brown sugar.
3 tbls. flour.
3 eggs.
2 cups milk.
1 t-spoon vanilla.
1 tbls. butter.

Separate the eggs; mix the ingredients in order given, using egg yolks. Cook over double boiler till thick. Pour into crust already baked. Use egg whites and three tbls. sugar for meringue and brown in oven. Recipe makes two pies.

Recipe for crust.

1 cup flour.
½ t-spoon salt.
3 level tbls. Snowdrift.
3 tbls ice water.

Sift flour and salt into a bowl, adding Snowdrift and three tbls. ice water.

Mrs. W. H. Letton.

COCOANUT CUSTARD.

3 eggs.
½ cup sugar.
½ cup milk.
1 cup grated cocoanut.
A little salt.

Cream together egg yolks and sugar. Add milk, salt and cocoanut; let them come to a boil. Pour mixture into pie crust that has been partially cooked. Cook in moderate oven. Cover with meringue made of 3 beaten egg whites and 2 tbls. of sugar. Brown in oven.

Mrs. J. Z. Lawshe.

LEMON PIE NO. 1.

3 eggs.
1 cup sugar.
2 tbls. butter.
2 lemons.
1 slice bread.

Soak slice of bread one inch thick in cold water to soften. Grate rind of lemon, mix with sugar, butter and well beaten egg yolks. Stir moist bread in mixture, add lemon juice, cook in double boiler

until thick. Have pie crust ready, pour in mixture, top with meringue made of well beaten egg whites and 3 tbls. sugar. Brown in oven.

Mrs. Joseph Awtry.

JAM PIE.

2 eggs.
1 cup jam.
½ cup butter.
1 cup sugar.
½ cup cream or milk.
1 level tbls. flour.

Cream butter and sugar together, add well beaten egg yolks. Stir flour gradually in milk until smooth, add with jam mixture. Cook in double boiler until thick. Put mixture in rich crust ready baked. Cover with meringue made from the well beaten egg white and two tbls. sugar. Brown in oven.

Mrs. W. M. Seay.

BUTTER SCOTCH PIE NO 2.

1 cup brown sugar.
3 tbls. flour.
1 tbls. butter.
1 t-spoon vanilla.
1 egg.
3 tbls. water.
1 cup milk.

Add water and sugar gradually to egg yolk, stir in milk and butter melted. Cook in double boiler until thick. Pour in ready baked shell and set in oven about 5 minutes. Meringue—Beat the egg white stiff, add 1 tbls. sugar, spread on top and brown.

Mrs. M. L. Smith.

BUTTER SCOTCH PIE NO. 3.

1 cup brown sugar.
½ cup water.
1 tbls. butter.
2 eggs.
2 tbls. flour.
1 cup milk.

Cream butter, egg yolk and sugar together; mix smoothly flour and milk, add vanilla and pinch of salt. Mix all together well and cook in double boiler until it thickens. Pour into rich pastry crust (not baked) and cook in moderate oven. Make meringue of well beaten egg whites and 2 tbls. sugar. Place in oven a few minutes to brown.

Mrs. A. E. Arnold.

MOLASSES PIE.

1 cup sugar.
2 tbls. flour.
1 cup molasses.
3 eggs.
1 cup nuts.
Butter size of egg.

Cream sugar, butter and eggs together well; add molasses. Put nuts in the flour and add to mixture. Bake pastry a bit, put in filling and bake in moderate oven until done.

Mrs. C. K. Ayer.

ENGLISH MINCEMEAT.

1 lb. suet.
1 lb. currants.
¼ lb. shredded mixed candied peel.

1 lb. raisins.
1 lb. apples.
1 lb. sugar.
½ lb. Sultanas.
2 lemons.
½ gill brandy.
½ salt spoon nutmeg.
½ salt spoon mace.
½ saltspoon cinnamon.

Chop suet finely, wash and pick currants, stone and quarter raisins, chop apples. Pare lemons thinly, simmer the rinds in a little water until perfectly tender and then pound them or rub thru a fine sieve. Mix all ingredients well together, press into a jar, cover closely and keep in a cool dry place for at least one month before using.

Mrs. Rupert E. Hall.

BURNT CARAMEL PIE.

2 cups sugar.
2 cups milk.
2 tbls. butter.
4 eggs.
5 tbls. flour.
1 t-spoon vanilla.

Cream butter and sugar together with well beaten egg yolks. Mix to a paste the flour with one half cup milk. Add with balance of milk to mixture. Cook in double boiler stirring constantly until very thick. Put remaining sugar in iron skillet or heavy aluminum pan, melt until a very dark brown liquid. Stir this liquid in boiler, add flavoring. Put in rich crust already baked and hot. Set in top of moderate oven 10 minutes. Make meringue of well beaten whites, adding two tbls. sugar. Place on pies and brown. This amount makes two pies.

Mrs. J. A. Carlisle.

PINEAPPLE PIE.

1 can grated pineapple.
2 lemons.
3 eggs.
1 tbls. butter.
1½ cups sugar.
2 tbls. corn starch.
½ cup water.

Drain juice from pineapple; add lemon juice, sugar; boil 3 minutes, add corn starch and water which have been well mixed; then pineapple. Break yolks in hot mixture stirring quickly, cook until thick. Line and bake pastry shell; then fill with mixture. Make meringue of whites into which 3 tbls. sugar have been added. Spread on custard and bake in oven until meringue is firm and brown.

Mrs. Jesse M. Manry.

CARAMEL PIE.

2 cups brown sugar.
1½ cups cream or milk.
3 egg yolks.
1 white of egg, (beaten).
1 tbls. butter.
4 tbls. flour.
1 t-spoon vanilla.

Mix flour and sugar, stir in milk, add well beaten egg yolks, melted butter, vanilla and egg white. Cook in double boiler until thick. Put mixture in rich crust, ready baked but warm. Cover with meringue made of 2 well beaten egg whites and 2 tbls. sugar. Brown in oven.

Mrs. G. C. Chick,
Lexington, Ky.

MOCK CHERRY PIE.

1 cup cranberries, (cut in half)
½ cup raisins.
¾ cup sugar.
1 cup boiling water.
Butter size of walnut.
1 t-spoon vanilla.

Mix flour and sugar, pour on hot water, add butter, cook until thick. Remove from fire, add fruit and flavoring. Bake in pastry, with strips of pastry on top.

Mrs. Porter King.

LEMON PIE NO. 2

1 cup sugar.
1 cup water.
2 tbls. flour.
1 large lemon.
3 eggs.
1 tbls. butter.

Cream butter, sugar and flour together; add water (boiling) lemon juice and grated rind; then add one whole egg and yolks of other two. Stir all together and cook in double boiler until thick. Bake rich crust, prick all oved with fork before baking. Make meringue of two well beaten whites, add tablespoon sugar—place on pie and brown slightly in oven.

Mrs. Frank Daub.

ENGLISH APPLE PIE (No Pastry).

2 very large mellow apples.
1 cup sifted flour.
½ cup brown sugar.
Butter size of an egg.
1 t-spoon white sugar.
¼ t-spoon nutmeg.
1 t-spoon lemon juice.

Mix well the brown sugar, flour and butter (dry). Grease deep baking dish, put in all the apples sliced very thin, add an extra piece of butter about size of English walnut sliced thin and placed over apples; sprinkle over this white sugar. Add t-spoon water, nutmeg and lemon juice. Place on top of pie the dry mixture (sugar, butter and flour). Cover contents thoroughly. Bake in moderate oven 30 minutes. Serve hot or cold with whipped cream.

Mrs. Lucien York.

LEMON CUSTARD PIE.

2 tbls. flour or
2 medium potatoes grated raw.
1 cup sugar.
3 eggs.
1 cup boiling water.
2 tbls. butter.
1 lemon.

Add butter to hot water, stir in flour and sugar thoroughly to prevent lumping. Add lemon juice and peel (run peel through food-chopper). Cook in double boiler until thick. Put mixture in ready baked pie shell, make meringue of 3 tbls, sugar in the well beaten egg whites. Brown in moderate oven. Those who have never used raw Irish potato as a thickening for lemon pie will be agreeably surprised.

Mrs. D. F. Stevenson.

AMBER PIE (Rich But Delicious).

4 eggs.
½ cup butter.
½ cup tart jelly.
1½ cups brown sugar.
½ cup cream.
4 tbls. flour.

Cream butter and sugar, add well beaten egg yolks. Stir flour into 1/2 cup cream until very smooth; add jelly and vanilla to mixture. Cook in double boiler until thick. Put in rich baked crust. Cover with meringue of well beaten egg whites and 4 tbls. sugar. This is large pie with thick meringue.

Mrs. Lawrence Petty,
West Virginia.

MOCK CHERRY PIE.

1½ cups flour.
4 tbls. shortening.
3 tbls ice cold water.
1 t-spoon salt.

Cut shortening into flour, add salt, add water one spoonful at a time. Do not knead, pinch into balls, turn out on board and roll, put in pie pan and trim.

Filling.

1 cup raw cranberries.
½ cup raisins.
¾ cup sugar.
3 tbls. flour.
Butter size of walnut.
1 cup boiling water.
1 t-spoon vanilla.

Cut cranberries and raisins in halves, mix sugar and flour dry. Pour boiling water over sugar and flour and cook to boiling point. Put raw fruit into mixture; add flavoring, pour into uncooked pastry. Cut left over pastry into lattice strips, place over pie and cook 30 minutes.

Mrs. Chas. Marshall.

MACAROON PIE.

3 eggs yolks.
1 cup cream or milk.
1 t-spoon vanilla.
1 cup brown sugar.
6 almond macaroons, crushed.
3 tbls. flour.
½ cup butter.

Make a custard of above ingredients except macaroons. Cook in double boiler until thick. When cool add 1/2 macaroons, put mixture in crust ready baked, sprinkle balance macaroons over this, cover with meringue made of the egg whites beaten stiffly and two tbls. sugar. Brown in oven.

Mrs. W. M. Seay.

LEMON PIE.

3 eggs.
1 lemon, juice and grated rind.
1 cup sugar.
4 tbls. cold water.
Butter size of an egg.

To one egg and 2 yolks well beaten add sugar, juice and grated rind of lemon, beat until smooth, adding water and melted butter. Put in partially baked crust, and finish baking in mode-

rate oven, top with meringue made from 2 stiffly beaten egg whites, beating in 4 tbls. sugar. Brown slightly.

Mrs. J. B. Guerry,
Montezuma, Ga.

MRS. FRANK L. STANTON'S "BANANA PIE."

3 bananas.
¾ cup sugar.
1 tbls. butter.
2 eggs.
1/3 cup flour.
¾ cup boiling water.
¼ t-spoon vanilla.
¼ t-spoon salt.

Cream sugar and butter, beat in yolks of eggs, add flour and boiling water, cook until thick, stirring all the time. When cool add flavoring. Use whites of eggs for meringue for top as in lemon pies, also make pastry as in lemon pies. These proportions are sufficient for one pie. Slice bananas very thin, round and round, place on crust, cover with the custard and add meringue and brown lightly in oven. Bake pastry before putting in the filling. Delicious!

Mrs. Frank L. Stanton.

MOLASSES PUDDING.

3 eggs.
1 cup sugar.
1 cup molasses.
1 cup mixed butter and lard.
3 cups flour.
1 cup sour milk.
1 t-spoon soda.
1 t-spoon ginger.
1 t-spoon cinnamon.
1 tbls. wine.

Beat eggs separately, add soda to molasses. Mix all together as egg batter. Serve hot with hard sauce flavored with lemon, wine, and grate nutmeg over sauce.

Mrs. Samuel Inman,
Director for Georgia of the National Federation of Women's Clubs.

CHAPTER XI.

MRS. THOMAS' FAVORITE RECIPES.

Mrs. Irving Thomas, President of the Atlanta Woman's Club for three years, and elected Honorary Life President at the expiration of her term of office, is famed as well for her cookery as for her leadership in civic affairs. In answer to many requests for her recipes, she has given her favorites herewith. It is fitting that these should occupy a special chapter, both because they are all so delicious, and because the Auditorium, for which the proceeds from this book's sale will be used, is known as the Lucile King Thomas Auditorium.

CREAMED CELERY.

3 cups celery, (diced).
1½ cups milk.
4 tbls. butter.
2 tbls. flour.
¼ t-spoon salt.
½ cup grated bread crumbs.

Boil celery in salt water until tender; make cream sauce by adding butter, salt and flour to boiling milk; put celery in casserole, alternating sauce and celery till casserole is filled; cover top with bread crumbs moistened with melted butter. Bake and serve hot.

EGGS EN SURPRISE.

6 even sized tomatoes.
6 eggs.
6 strips broiled bacon.
¼ t-spoon salt.

Break eggs whole into tomatoes which have been scooped out and salted. Add crisp bacon broken into small pieces. If necessary to fill more, add tomato pulp, seasoned. Bake 30 minutes in hot oven.

CELERY SYLVAN.

1 bunch celery.
¼ cup pecans.
¼ cup raisins.
½ cake Philadelphia cream cheese.
1 tbls. lemon juice.

Place celery in ice water to which lemon juice has been added; later fill celery stalks with mixture of chopped nuts, raisins, cheese and lemon juice and serve cold.

CREAMED SWEET BREADS EN CASSEROLE.

1 lb. sweetbreads.
1½ cups milk.
3 tbls. butter.
½ cup rolled bread crumbs.

Parboil sweetbreads in salt water; then break apart in small pieces. Mix with cream sauce in casserole and top with bread crumbs and melted butter, bake and serve hot.

SPONGE CAKE.

1 cup sugar.
4 eggs.
1 cup flour.
1½ tbls. corn starch.
1 t-spoon baking powder.
3 tbls. water.
1 t-spoon vanilla.

Beat eggs separately, cream sugar and yolks, sift corn starch, flour and baking-powder, and mix all together, adding whites of eggs last. Flavor.

SYLVAN CREAM.

1 pt. milk.
4 eggs.
¾ cups sugar.
½ pkg. gelatine.
1 cup cream.
1 t-spoon vanilla.

Make boiled custard of milk, yolks of eggs, and sugar. Dissolve gelatine in tepid water, and stir into custard. When cooled and beginning to congeal, stir slowly in beaten whites. Fold in whipped cream, and flavor. Let cool.

CHARLOTTE RUSSE.

1 qt. very thick cream.
½ lb. marshmallows.
¼ pkg. gelatine.
4 tbls. sugar.
1 cup blanched almonds.
½ cup crystallized cherries.
1 t-spoon vanilla or cherry.

Whip cream stiff. Cut marshmallows into quarters. Add to beaten cream, gelatine which has been soaked in tepid water, sugar, fruit and nuts. Let set until thoroughly chilled.

HARD SAUCE.

1 tbls. butter, (creamery).
1 cup sugar.
1 egg.
Nutmeg flavoring.

Cream butter, yolk of egg and sugar. Add beaten whites; flavorvor with nutmeg.

TEA CAKES NO 1.

10 eggs.
½ lb. butter.
3 lbs. sugar.
1 t-spoon soda.
1 lemon juice and rind.

Cream butter and sugar, add yolks well beaten; beat whites stiff; put soda into lemon juice and grated rind, and stir in batter. Add flour and work well. If not thick enough, add more flour. Roll thin, sprinkle with sugar, and bake.

TEA CAKES NO 2.

2 eggs.
8 tbls. sugar.
2 tbls. butter or lard.
2 cups flour.
1 t-spoon baking powder.

Beat eggs, sugar and butter. Mix with flour, roll thin, cut and bake on buttered pan.

RICH FRUIT CAKE.

12 eggs.
1 teacup Karo syrup.

1½ lb. butter.
1½ lb. flour.
4 lbs. raisins.
3 lbs. currants.
1½ lbs. citron.
1 lb. pecans.
1 t-spoon cloves.
1 nutmeg grated.
1 cup wine.
1 level t-spoon soda.
1 lb. English walnuts.
1 lb. crystallized cherries.
½ lb. crystallized pineapple.
1 t-spoon allspice.
1 t-spoon cinnamon.
½ lb. flour to flour fruit.

Separate whites and yolks of eggs; beat half of the yolks with half of the sugar; cream the butter with the other half and mix all together. Add half the flour; then whites of eggs beaten with the other half of the flour. Add the syrup with soda beaten in, and add the ground spice. Lastly add the fruit, which has been dredged in flour. Stir quickly into batter. Cut citron into thin strips and lay across bottom in order to hold batter together. It is sometimes necessary to put several thicknesses of paper in bottom of pan to prevent burning. Bake slowly about six hours—pour wine over cake when baked. Half this quantity makes nice size cake.

DELICIOUS LIGHT BREAD OR ROLLS.

1 Fleischmann's yeast cake.
2 cups milk.
8½ cups sifted flour.
1 tbls. lard.
1 tbls. butter.
2 tbls. water.
2 tbls. sugar.
1 t-spoon salt.
1 egg.

Let milk come to a boil, and then cool till tepid. Dissolve yeast in water and sugar and add milk. Add 1½ cups flour and mix this for sponge, beating till smooth. Let stand about one hour. Then cream butter, lard, and salt; beat egg separately, add sponge and mix thoroughly. Add remainder of flour, one cup at a time (about 7 cups). Knead until smooth. Let rise 2 or 2½ hours, to double its former size; knead again with a little flour, form, place in greased pans and bake about 35 minutes.

SPOON BREAD.

1 qt. milk.
1 cup corn meal.
4 eggs.
2 level tbls. baking powder.
1 tbls. sugar.
½ t-spoon salt.

Let milk come to boil; beat egg-whites and yolks separately. Add to milk, meal, sugar, salt—egg yolks and baking powder mixed, and lastly, the beaten whites. Turn into well greased baking dish, bake until light brown, and double in bulk. Serve hot in baking dish. This bread is soft when done, and should be eaten hot.

BUTTERMILK SPOON BREAD.

½ t-spoon salt.
1 pt buttermilk.
1 tbls. butter.
½ cup meal.
3 eggs.
1 level t-spoon soda.

Put soda in milk; add egg-yolks, then melted butter; gradually

beat in meal, and lastly add beaten whites. The batter must be thin, so if necessary, use less meal. Bake in well-greased baking dish, and serve hot with butter.

SIMPLE ROLLS.

1 pt. milk.
2 tbls. lard.
1 tbls. sugar.
½ t-spoon salt.
2 qts. flour.
¼ cup tepid water.

Heat milk to boil, let cool till tepid; add lard, sugar and salt. Dissolve Fleischmann's yeast cake in tepid water, add to above; then add flour slowly, beating constantly in bucket or break-mixer. Before dough gets too heavy to beat, put in warm place to rise. The more it is beaten, the quicker it will rise. When risen, add sufficient flour to make dough stiff enough to be rolled; then put three balls of dough into each ring of a muffin pan, rub surface with beaten egg, let rise until double in bulk, and bake.

SYLVAN BARBECUED LAMB.

Medium sized lamb roast.
¼ cup tomato catsup.
1 cup vinegar.
1½ cups water.
2 tbls. Worcester Sauce.
1 t-spoon pepper.
1 t-spoon salt.
½ cup chopped onions.

Mix all together, pour over lamb, and bake till tender.

CRYSTALLIZED APPLES.

6 firm apples.
2 cups sugar.
2 cups water.
3 tbls. butter.

Peel and core 6 firm, well shaped apples; slice into three pieces (circles). Boil syrup of sugar and water 20 minutes; add apples. placing flat in the pan, and 1 layer deep, putting butter in center of each ring. Bake in hot oven and serve cold.

EGGS A LA SYLVAN.

8 eggs.
1½ cups milk.
3 tbls. butter.
½ t-spoon salt.
½ cup almonds.
6 strips broiled bacon.
1 cup toasted bread crumbs.

Put sliced hard-boiled eggs in buttered casserole, alternating with bread crumbs, until dish is filled, then pour over hot milk with melted butter. Cover with bread crumbs moistened in melted butter, bake and serve hot.

CARAMEL CUSTARD.

1½ tbls. white sugar.
3 eggs.
1 cup brown sugar.
1 pt. scalded milk.
1 tbls. water.
½ t-spoon vanilla.

Melt brown sugar; stir constantly; beat eggs slightly; stir melted sugar into boiling milk, add eggs white sugar and flavoring. Bake in quick oven and serve cold.

RABUN POTATOES.

¼ lb. breakfast bacon.
3 green peppers.
6 large Irish potatoes.
½ cup bread crumbs.
1 tbls. butter or bacon drippings.

Cream Sauce For Same.

1½ cups milk.
2 tbls. flour.
1 tbls. butter or bacon drippings.
½ t-spoon salt.

Boil and slice potatoes; broil bacon. Place in casserole in layers, the potatoes, bacon, peppers cut in strips, the cream sauce, alternating until dish is filled. Place on top the cream sauce, butter (or drippings) and bread crumbs. Bake and serve hot in casserole.

CHICKEN A LA "WOMAN'S CLUB."

(Serves 25).

1 large hen.
4 sets brains.
1 bottle stuffed olives.
Salt and pepper to taste.
1 can pimentos.
1 lb. breakfast bacon.
1 can mushrooms.
1 cup rice.

Clean brains, removing outside membrane. Cook in boiling water about 20 minutes, drain and cut fine. Boil chicken until meat is very tender, cut in small pieces, crisp bacon, cut in pieces, cut pimentos fine, olives each into 3 pieces, cook rice about half done, finish cooking in chicken broth, then add above ingredients—cook slowly until mixture is fairly thick. Cream sauce may be added if there isn't enough chicken broth. Serve in timbals or on rounds of toast.

CUCUMBER ASPIC.

2 cucumbers (fresh).
3 lemons (juice).
3 tbls. sugar.
1 tbls. green coloring.
1 can sliced pineapple.
2 tbls. gelatine.
1 pint hot water.

Add sugar and lemon juice to hot water, stirring gelatin which has been previously dissolved in ½ cup cold water then add juice of pineapple, coloring, then cool. Mix in pineapple cut in small pieces, cucumber peeled and grated fine (if seeds of cucumber are large and tough discard them). Mixture may be poured in fancy molds or large square pan and cut in any desired shape. Serve on lettuce with mayonnaise.

Mrs. I. Thomas.

DELICIOUS DATE AND NUT SQUARES.

1 package dates.
1 cup pecan (meats).
1 cup sugar.
1 tbls. butter.
1 egg.
¼ cup flour.
1 tbls. water.
2 t-spoons baking powder.
1 t-spoon vanilla.

Combine egg, sugar, water and flour. Add baking powder, nuts then dates which have been cut in 4 pieces (stones discarded).

This mixture will be very thick, add flavoring. Put butter in shallow-baking pan to prevent sticking. Bake in moderately hot oven, placing vessel of hot water under pan to keep mixture moist while cooking. When cooked to golden brown cut in squares.

SUGARED PECANS.

1 cup pecan (meats).
½ cup water.
1 cup granulated sugar.
1 cup sugar X X X X.

Boil granulated sugar and water to soft ball degree, drop pecans (one at a time) in hot syrup, dip out, roll separately in powdered sugar which has been sprinkled generously on a marble slab—lay on waxed paper.

MOCK SWEET BREADS.

Delicious Filling For Timbals.

2 sets brains.
½ lb. bacon.
1 can mushrooms.
6 eggs.
1-½ cups milk.
2 tbls. butter.
2 tbls. flour.
Salt and pepper to taste.

Clean brains—removing outside membrane, cook in cup of boiling water about 20 minutes, crisp bacon, break in small pieces, add with eggs hard boiled and chopped. Mix in mushrooms, stir all together in cream sauce (made from ingredients column 2). Melt butter in small pan over slow fire, add flour, blend to a paste, stir in the scalded milk, beat till sauce is creamy.

BRAIN CUTLETS.

1 set brains.
1 cup tomato sauce.
1 lemon.
1 cup Post Toasties.
1 egg.
Parsley.

Clean brains well, mash and stand in salt water ½ hour. Slice in 4 slices, roll each slice in well beaten egg, then in Post Toasties, fry in hot fat. Serve with tomato sauce and garnish with sliced lemon and parsley.

CHICKEN FILLING FOR TIMBALS.

1 hen.
1 can mushrooms.
3 eggs.
1 cup milk.
1 tbls. flour.
1 tbls. butter.
Salt and pepper.

Boil chicken until tender, cut dark meat in dice, mix chicken, mushrooms, eggs hard-boiled and chopped with cream sauce made from ingredients column 2.

CHICKEN SALAD.

2-½ cups white meat chicken.
1-½ cups celery.
1-½ cups Malaga grapes.
1-½ cups mayonnaise.
1-½ cups almonds (shelled).

Use white meat of chicken from above recipe, peel and remove seed from grapes, cut celery in small pieces, cut chicken in dice, mix all together with mayonnaise. Serve on hearts of lettuce.

CHAPTER XII.

THRIFT CHAPTER.

Recipes Compiled by Mrs. E. B. Havis, Jr.
Co-Chair. Sudie Heard Memorial Com.

IN MEMORIAM, SUDIE HEARD, CHAIRMAN.

It is eminently fitting that this chapter of this book should be prefaced by a few words concerning one who during the war period stood for Thrift in its every phase. Mrs. Heard talked thrift; she worked for thrift; she lived thrift, because it was the duty of the moment; it was the call of her Government to her patriotism. She answered this call as she did every other call to duty, with every fibre of her whole being. She never did anything in a half hearted way.

When the cook book was planned, her ready response to the suggestion of a Thrift Chapter, and her acceptance of the responsibility of such a chapter, gave encouragement to those in charge, but the call to "Come up Higher" came to her, and like a tired little child she lay down to rest, secure in the thought that in the very love and co-operative spirit her example had engendered, those who loved her would carry on her work to completion.

It is in this spirit, the desire to go on with her work, as nearly as possible in her way, in loving memory of Mrs. Heard, her co-workers present this Chapter.

Mrs. Alonzo Richardson,
Vice-Pres. Atlanta Woman's Club.

MRS. HEARD'S ITALIAN SPAGHETTI.

1 lb. beef.
1 pkg. spaghetti.
1 large green pepper.
1 t-spoon black pepper.
1 can tomatoes.
¼ lb. grated cheese.
1 t-spoon salt.
Dash of garlic.

Cook beef very tender, season with salt, pepper, green pepper, onion and garlic. When beef is tender, add tomatoes and cook for about 15 minutes. Cook in another vessel 1 package spaghetti until tender. Place the cooked meat and tomatoes in baking dish or casserole, putting a layer of meat, then a layer of spaghetti, and last the grated cheese. Place in oven until cheese is melted. Serve in casserole.

Mrs. Joseph Heard, Sr.

MRS. JOSEPH HEARD, SR.

CHICKEN GUMBO.

3 lbs. chicken.
1 can tomatoes.
1 cup rice.
1 t-spoon whole black pepper.

Cut chicken in pieces. Place in boiler; cover well with water and cook until very tender. Salt to taste; add rice, tomatoes and pepper. Season with file' and let cook slowly three hours. File' is obtained from the sassafras herb.

Mrs. Joseph Heard, Sr.

Mrs. J. E. Hays, President State Federation of Women's Clubs, recommended the following 4 for use during the World War. What we then learned, as disciples of Mr. Hoover, may well be kept in mind.

POT ROAST OF MUTTON WITH CURRANT MINT SAUCE.

1½ lbs. mutton—seasoning.

Wipe meat, sprinkle with salt and pepper, place on rack in dripping pan and dredge meat and bottom of pan with flour. Bake in hot oven for two hours, basting frequently with butter or butter substitute. Serve with Currant Mint Sauce.

CURRANT MINT SAUCE.

Separate 2/3 cup currant jelly in pieces, but do not beat it. Add one to two tbls. finely chopped mint leaves and shavings from one orange rind. Serve around roast.

ESCALLOPED CORN BEEF.

2 cups cooked corn beef.
1 cup chopped celery.
1 cup white sauce.
2 slices onion.

Cook celery and onions in sauce. Put the corn beef in a shallow baking pan. Remove celery and onions from sauce. Add sauce to meat. Sprinkle with bread crumbs, moistened with butter or butter substitute. Brown in hot oven.

VEAL CUTLETS, AND SOUP.

3 lbs. veal shank—seasoning.

Cook a veal shank in boiling salted water until tender. Remove as much meat as possible from the bone. Cut the pieces to resemble chops. Take this veal and season well. Roll in crumbs and egg and crumbs again, and saute in butter or butter substitute. Garnish with parsley.

For the soup take the remaining portion of the shank and put it into a kettle with three cups of brown stock and a few peppercorns, salt, celery salt, and any other seasoning desired. Add 1/2 cup each of diced potatoes, turnips and parsley. Cook for 1/2 hour.

WHITE CAKE.

1½ cups sugar.
3 egg whites.
2 level t-spoons baking powder.
1 cup milk.
½ cup shortening.
1 t-spoon lemon extract.
3 cups sifted flour.
1 t-spoon salt, if Crisco is used.

Cream sugar and shortening, add alternately liquid and dry

ingredients; beat well and add last the well beaten egg whites and extract. Bake in two layers in moderate oven about 30 minutes.

Mrs. B. M. Boykin,
Pres. Atlanta Woman's Club.

FRIED SANDWICHES.

The daintiest breakfast dish may be made from sandwiches left over from the picnic, especially if they have been cut thin and placed in the refrigerator before frying. Any sandwiches can be used for this except those made of cucumbers, tomatoes, lettuce, etc. Fry lightly in hot fat, turning often, till a golden brown, and serve, garnished with parsley, sliced tomatoes or eggs.

Mrs. Newton C. Wing,
Chairman Home Economics.

VEGETABLE SALAD.

1 head lettuce.
4 large tomatoes.
1 cup mayonnaise.
1 small stalk celery.
1 t-spoon salt.
½ t-spoon black pepper.

Cut celery fine, dice tomatoes; mix with mayonnaise, salt and pepper. Serve on lettuce.

Mrs. T. T. Stevens,
Chairman Education.

DEVILS FOOD CAKE

1 cup butter.
3½ squares Baker's chocolate.
3 t-spoons baking powder.
Whites of 2 eggs.
2 cups sugar.
1 cup milk.
2½ cups flour.
Yolks of 5 eggs.

Cream butter, sugar and egg yolks together. Add 1 cup milk and melted chocolate. Mix in alternately flour and egg whites.

Mrs. H. G. Carnes,
Chairman Sudie Heard Memorial Com.

TWIN MOUNTAIN MUFFINS.

¼ cup butter.
1 cup milk.
½ t-spoon salt.
5 t-spoons baking powder.
¼ cup sugar.
1 egg.
2 cups flour.

Cream butter, add sugar, egg well beaten, sift baking powder with flour and add to first mixture, alternating with milk. Bake in greased gem pans for 25 minutes.

Mrs. Geo. Brower.

WAFFLES WITHOUT EGGS.

2 cups flour.
1 t-spoon sugar.
1 t-spoon baking powder.
½ t-spoon soda dissolved in a little water.
1½ cups buttermilk.
3 tbls. melted lard.
1 t-spoon salt.

If self rising flour is used omit the salt and baking powder. Mix the flour and milk adding water if batter is too stiff, add the lard, salt, baking powder and sugar and beat well. Just before cooking add soda, dissolved in water. These waffles are very light and crisp. If no sour sweet milk or butter milk are convenient use water or sweet milk and leave out the soda.

Mrs. Wm. C. King,
Secretary Thrift Committee.

CHOCOLATE FUDGE.

2½ cups sugar.
1 cup milk.
1 t-spoon vanilla.
2½ squares chocolate.
1 t-spoon butter.
½ t-spoon salt.

Melt chocolate and stir into milk and sugar. Add butter. Do not stir after candy begins to boil. When it makes a soft ball when dropped in cold water, remove from fire, add the vanilla extract. Beat until creamy and spread upon buttered dish. Cut in squares.

Mrs. A. McD. Wilson,
Ex-Pres. Atlanta Woman's Club.

FIG PUDDING.

½ lb. figs, (chopped fine).
1 cup bread crumbs.
1 cup milk.
3 tbls. melted butter.
2 eggs, (well beaten).
Pinch of salt.

Stir well, steam one hour and serve with whipped cream or foaming sauce.

Clementine G. Rawling.

CHOCOLATE PIE.

4 eggs.
1 tbls. corn starch.
½ cup chocolate.
1 cup sugar.
1 cup milk.
1 tbls. butter.

Beat yolks of eggs thoroughly, stir in sugar, then the chocolate and cornstarch; add milk and melted butter. Bake in single crust until custard is set. Beat the whites of eggs until stiff, adding 4 level tbls. sugar for meringue.

Mrs. E. B. Havis, Jr.

ORANGE PUDDING.

2 oranges cut very fine.
1 banana cut very fine.

Let stand in a little sugar while preparing the following custard which goes over it.

Custard.

1 egg.
½ pt. milk.
½ cup sugar.
1 tbls. corn starch.

Cream egg and sugar together, add corn starch to thicken. Cook until thick, pour over the orange and banana. Serve with whipped or plain cream.

Mrs. J. B. Rowe,
Chairman Hospital Committee.

BEATEN BISCUIT.

1 lb. flour.
¾ cup milk.
¼ lb. lard.
1 t-spoon salt.

Mix as for other biscuit, except the dough should be very stiff. Either beat with rolling pin until dough blisters, or run through biscuit machine. Cook very slowly about 3/4 of an hour. Condensed milk is preferred in making these biscuit. This quantity makes two dozen small biscuits.

Mrs. S. F. Boykin.

DOUGHNUTS.

2 eggs.
1 cup sugar.
3 t-spoons baking powder.
1 cup milk.
3 pts. flour.
1 t-spoon butter.

Make a stiff dough, cut out with doughnut cutter and fry in a basket in deep fat.

Mrs. E. B. Havis, Jr.

LEMON MERINGUE PIE.

1 cup water.
1 cup sugar.
2 level tbls. corn starch.
2 eggs.
Juice and grated rind of 1 lemon
Pinch of salt.
2 level tbls. of sugar for meringue.

Boil water and sugar together; add cornstarch moistened with cold water and cook five minutes. Put in yolks of eggs; lemon juice, rind and salt. Cool slightly and pour into previously baked crust. Cover with meringue and brown.

Mrs. J. P. Savage.

FRUIT CAKE.

½ lb butter.
6 eggs.
2 lbs. raisins.
½ lb. citron.
½ lb. almonds (shelled).
½ t-spoon soda.
½ cup buttermilk.
1 cup brandy or wine.
¼ t-spoon salt.
½ lb. brown sugar.
½ lb. flour.
1 lb. figs.
½ lb. English walnuts, (shelled).
¼ lb. each candied orange and lemon peel.
¼ (level) t-spoon baking powder.
1 t-spoon each cinnamon, cloves, allspice and nutmeg.

Put all fruit through coarse knife of meat chopper except citron and nuts. Cut citron in thin strips and nuts in half. Cream butter and sugar well, add beaten egg yolks, then butter milk, in which soda has been dissolved. Sift flour and baking powder together, add one half flour, alternately with beaten egg-whites. Dredge fruit well with other half of the flour and add gradually to cake mixture. Stir in nuts last, then add half of the wine. Stir all together well. Put in well greased baking pan (with tube) two layers of paper on bottom of pan. Put mixture in pan, putting

strips of citron in layers until pan is nearly full. Set cake near top of oven with large pan of boiling water beneath the cake. The steam from the water keeps the cake moist while it is cooking. Cook slowly four hours. When cake is entirely cold pour remaining one half cup of wine gradually over it. Will keep in covered tin box for several months. Keep several mellow apples in box with cake.

Mrs. J. A. Carlisle,
Cook Book Chairman.

GINGERBREAD.

½ cup butter.
½ cup sugar.
1 t-spoon soda.
1 t-spoon salt.
1 cup molasses.
2 eggs.
2 cups flour.
1 t-spoon ginger.
Pinch of cinnamon.

Cream butter, add sugar and then molasses. Beat into this two eggs and add alternately flour (sifted with soda, salt, ginger and cinnamon) and milk. Pour in a buttered and floured pan and bake in moderate oven about 30 minutes.

Mrs. Arthur Hazzard.
Treas. Auditorium Committee.

BLUEBERRY TEA-CAKE.

1 small cup sugar.
Butter size of an egg.
1 egg well beaten.
1 cup milk.
1 pt. flour.
4 level t-spoons baking powder.
1 qt. berries.

Cream butter and sugar, add egg, then milk alternately with flour in which baking powder has been sifted. Put in berries last, washed and floured. Bake in shallow tin.

Mrs. D. I. Carson.

CHILI RELISH.

12 large ripe tomatoes.
3 large green peppers.
2 large white onions.
2 tbls. salt.
3 tbls. sugar.
1 tbls. cinnamon.
3 cups vinegar.

Grind all vegetables and add to boiling vinegar and spices. Boil from 1-1/2 to 2 hours. If it boils dry, add more vinegar. Seal hot.

Mrs. Wm. A. Davis.

PINEAPPLE SALAD.

4 slices whole pineapple.
½ cup celery.
1½ cups chopped nut meats.
4 oranges.
1 cup mayonnaise.

Place slice of pineapple on lettuce leaf. Lay in center celery cut in two (2) inch lengths filled with chopped nut meats which have been rolled in mayonnaise. Place four sections of oranges symmetrically on pineapple leaving the celery in center. Upon each serving place one tbls. of mayonnaise.

Mrs. F. J. Massenburg.

APPLE JELLY.

Wash and cut apples which should be just ripe. Put in preserving kettle with cold water, enough to cover fruit. Let cook until apples are just done, but not cooked to pieces. When cool, strain through jelly bag. Measure 2 cups juice to 1 cup white granulated sugar. Boil until it drops stiffly from spoon. Pour in glasses hot and when cool cover tops with paraffin and tin lids.

Mrs. Joel Hunter

"KEWPIES."

1 cup shortening.
3 eggs.
1 t-spoon salt.
2 t-spoons cinnamon.
1 lb. raisins.
1½ cups brown sugar.
3 cups flour.
1 level t-spoon soda.
2 cups nut meats.

Cream together sugar and shortening, add well beaten eggs then the flour and other dry ingredients, adding the raisins and nuts last. This will make a very stiff batter. Take t-spoon and drop mixture in a warm greased tin and bake in moderate oven.

Mrs. James Erwin.

GRIDDLE CAKES.

2 cups white or whole wheat flour.
2 cups milk.
1 t-spoon syrup.
1 cup meal.
1 t-spoon salt.
8 t-spoons baking powder, (level).

Sift dry ingredients, stir in milk and cook in hot greased griddle. Condensed milk or water may be used.

Mrs. George Obear, Jr.
(Original)

SPOON BREAD.

1 pt. sweet milk.
1 egg.
1 t-spoon salt.
1 cup corn meal.
1 tbls. butter.

Place milk in double boiler. Mix meal with enough water to form a stiff dough. Stir this mixture into hot milk and cook until thick. Beat into this mixture, while hot, 1 egg and the butter. Pour into a pan and bake in moderate oven until a light brown.

Mrs. Harold Carlock.

THRIFT CAKE.

½ cup shortening.
1¼ cups sugar.
1 cup milk.
¼ t-spoon salt.
1 t-spoon cinnamon.
2 eggs.
2½ cups flour.
4 t-spoons baking powder.
1 t-spoon nutmeg.

Cream shortening, add sugar and beaten eggs. Mix well and add (sifted together) half the flour and baking powder, salt and

spices; add milk and remainder of dry ingredients. Bake two thirds of batter in two greased layer tins and to remaining third, add one tbls. cocoa which has been mixed with 1 tbls. boiling water. Use this for middle layer. Bake in hot oven. Put following filling and icing between layers and on top of cake.

Filling for Thrift Cake

2 tbls. butter.
2 cups confectioners sugar.
1 t-spoon vanilla extract.
1 tbls. cocoa.
3 tbls. coffee.

Cream butter, add sugar and cocoa very slowly, beating until light and fluffy. Add vanilla and coffee slowly, a few drops at a time, making soft enough to spread.

Mrs. Alva D. Kiser.

ONE EGG CAKE.

1 egg.
1 rounding tbls. butter.
1 cup milk.
1 t-spoon vanilla.
1½ cups sugar.
2 cups flour.
1 level t-spoon baking powder.

Cream butter and sugar together add the whole egg, well beaten, then milk and flour alternately. Add flavoring. Bake in 2 layer cake pans.

Mrs. D. R. Wilder.

LIBERTY CAKE.

2/3 cup sugar.
½ cup Snowdrift.
1 cup molasses.
1 t-spoon baking powder.
1½ cups raisins.
½ t-spoon ginger.
3 cups flour.
1 cup buttermilk.
1 t-spoon soda dissolved in milk
1 cup citron or nuts.
1 t-spoon each cinnamon, cloves and spice.

Cream shortening and sugar, gradually together. Mix baking powder and spices in flour and add alternately with milk and syrup, then add fruit which has been dredged in flour. Bake about 1-1/4 hours in moderate oven.

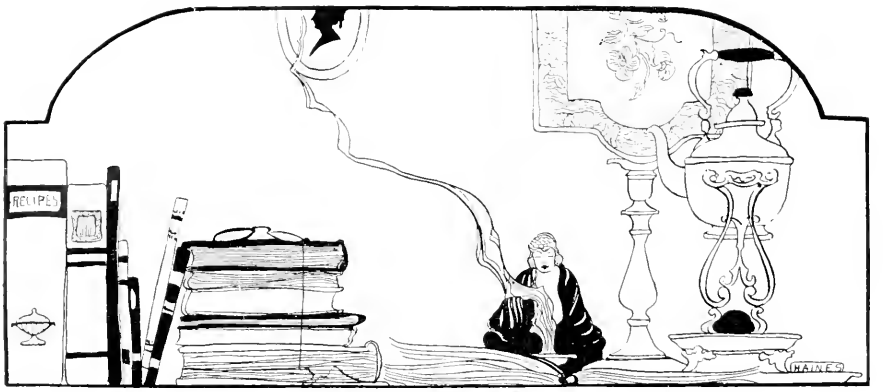
Mrs. Porter King.

INEXPENSIVE CHARLOTTE.

½ pt. cream.
½ pt. milk.
2 egg whites.
½ cup sugar.
1 pkg. gelatine.
Small bottle cherries.
Vanilla to taste.

Soak gelatine in one eighth teacup cold water for half an hour. Set vessel containing gelatine on stove until thoroughly dissolved then cool. Beat milk and cream separately, add milk, sugar, dissolved gelatine and flavoring to cream. Fold in stiffly beaten whites. Add cherries—let stand until congealed. Stir occasionally to keep cherries from settling to bottom.

Mrs. J. A. Sibley.



CHAPTER XIII.

ATLANTA PIONEER CHAPTER.

Mrs. Lollie Belle Wylie—Chairman.

The Atlanta Woman's Pioneer Society is an organization of women residing in Atlanta since the city was a little place called Terminus, in 1847, later Marthasville, (for Miss Martha Lumpkin), and later Atlanta, named by Joseph Thompson, a civil engineer, and Colonel Richard Peters. The name is a coined one, and was probably suggested by the Atlantic ocean, Atlanta being in a way the feminine for Atlantic.

In February, 1909, Mrs. Joseph H. Morgan called together the women who were residents of Terminus, Marthasville and Atlanta, from 1847 to 1870. Fifty prominent women met and organized into the "Atlanta Woman's Pioneer Society." There are about 90 members.

The organization has for its purpose the renewing and perpetuation of early friendships, and the preservation of historical facts and reminiscences of early Atlanta.

Atlanta Woman's Pioneer Society was the first to establish a permanent Memorial Service for its members and this is an annual event with the organization. It is held the first Wednesday in April. An annual picnic is a feature of the social life of the society. The picnics assemble both pioneer men and women.

Mrs. Joseph H. Morgan is the founder of the society and its president for life. The members are home makers, mothers and wives after the old fashion. They are not politicians, and though the members belong to modern organizations for women and take part in church, civic and social life, as individuals, they do no work

in the Pioneer Society but meet and talk over old times when potatoes were not bought by the pound, or eggs sold by the twos and threes. They have seen their tables literally groan under the weight of southern dishes, and the following recipes have been contributed by several of the members.

Lollie Belle Wylie.
Historian for Life.

IN LOVING APPRECIATION.

The Home Economics Department wishes to acknowledge its indebtedness to Mrs. John McDougald of Atlanta and Mrs. Lamar Rucker of Athens, daughters of Mrs. Nellie Peters Black, for the recipes which head the Pioneer Chapter.

Mrs. Black was known to all the Southland as a Pioneer in thought and in deed. President, as she was, of the Georgia State Federation of Women's Clubs, she utilized to the utmost the opportunity presented for making acquaintance with all of the women in the state, and particularly the women in the remote farming districts, To them she carried the message of service to Georgia and to the world—she taught them and their husbands the new idea of diversified farming. She was among the first in Georgia to see the handwriting on the wall which doomed the "one-crop" idea, that of cotton,- and through her precepts and powerful example, she taught them that Georgia could raise her own food stuffs. Owner of large plantations herself and familiar with every detail in their management, a splendid housewife and mother, she taught not only by precept but through experience. The recipes given below have been shared by Mrs. Black with many Georgia housewives, and we hope through the Cook Book, will help many more.—(The Editors.)

GRAPE NUT JAM.

3 pts. grape pulp.
3 lbs. sugar.
1 lb. nuts in shell.
1 lb. seedless raisins.

Pop the pulp from grapes, cook until tender, save half of the skins, cut in half with scissors and cook in separate vessel until tender, with enough water to cover them. Cook pulp until seeds come out then rub through colander, then add skins, nuts, raisins and sugar. Cook until it jellies. Put in jelly glasses and seal with wax.

HOT STUFF OR CHILI SAUCE.

½ peck onions.
½ peck green bell peppers.
½ peck green hot peppers.
1 peck ripe tomatoes.
2 qts. vinegar.
1 cup brown sugar.
1 tbls. salt.
1 oz. celery seed.

Peel tomatoes after scalding in hot water, then cut up. Grind other ingredients in meat grinder, put all together and cook an hour or more until mellow and brown looking. Delicious with roast beef.

MIXED YELLOW PICKLE ("Miss Nellies" PICKLE).

2 qts. cabbages.
2 qts. green tomatoes.
2 qts. onions.
3 red bell peppers.
3 hot peppers.
8 green bell peppers.
3 heads celery.
2 qts. cucumbers.
2 qts. vinegar.
1 gallon water.
2 cups salt.
1 cup mustard.
2 tbls. tumeric.
1 cup flour.
4 cups sugar.
2 tbls. celery seed.
¾ cup Wesson oil.
2 tbls. mustard seed.

Chop vegetables fine or put through coarse meat grinder, cover with salt and water for 24 hours. Drain and dry with towel. Mix dry ingredients with vinegar making paste and gradually adding the 2 quarts, mixing well. Boil, stirring to prevent burning, until thick. Add vegetables, boil a few moments. Add the Wessons oil when cool.

GRAPE JUICE.

Wash and cover the quantity of grapes to be used, with water. Cook well. Strain through jelly bag. To each quart of juice after it is strained, add one cup of sugar. Then to each gallon of juice add one quart of water. Let this boil 15 to 20 minutes. Put while boiling hot, in warm bottles, cork well and seal with paraffin. The Concord grapes so rich in meat and flavor make the best grape juice. This makes an excellent substitute for the wine we formerly had to offer a guest when calling, and comes "within the law."

Mrs. Joseph H. Morgan,
President of the Womans' Pioneer Society.

CHICKEN FRICASSEE.

Prepare two young chickens for serving, dividing into pieces. Sprinkle with salt and pepper and roll thoroughly on flour. Brown in deep fat. When richly browned, cover with boiling water, adding a bay leaf and parsley. Simmer until chicken is done and very tender. Melt 1/2 cup butter in a saucepan, 3 tbls. flour, add one cup cream or milk (if milk is used add yolk of one egg). Add mixture to chicken, and serve with waffles, or pour over toast.

Mrs. Mary C. Bell,
Vice-Pres. Pioneers.

POINSETTA SALAD.

Take large ripe tomato, peel and cut in eights, length-wise, but do not separate the sections at one end. Open and place each tomato on a lettuce leaf. In the center of each tomato put a ring of green pepper and fill with grated cheese and India Relish.

Mrs. Joseph Wusthoff,
Secretary Pioneers.

SIMPLE GUMBO FILE.

1 nice fat hen.
2 medium size onions.
1 tbls. of lard.
50 to 100 fresh oysters. (small)
Salt and pepper to taste.
½ cup sifted flour.

Cut hen to pieces. Bring lard to boiling point. Gradually stir in lard, flour until brown. Add Chicken. Pour in at once 2 qts. of water milk warm. Add salt and pepper. Boil until chicken falls off the bones. Add oysters as soon as ready to remove from the fire. and let remain in just long enough for the frills to curl. When soup is done remove from stove and add sufficient filé, (Sassafras leaves gathered in August and dried) to rope mixture. Serve in bowls half filled with dry cooked rice. Keep boiling water ready to replenish pot during boiling. This is delicious. Will serve from 15 to 20 persons.

Lollie Belle Wylie, Historian Pioneers.

OLD TIME FRUIT CAKE.

1 lb. seeded raisins.
1 lb. currants.
1 lb. citron.
1 lb. sugar.
1 lb. butter.
1 lb. flour.
1 cup black molasses.
1 doz. eggs, beaten separately.
½ t-spoon soda.
½ t-spoon cloves.
½ t-spoon cinnamon.
½ t-spoon nutmeg.
½ t-spoon allspice.
1 cup brandy.

Mix well and bake slowly for four hours.

Mrs. Joseph M. Wusthoff,
Secretary Atlanta Woman's Pioneer Society.

ORANGE MARMALADE.

1 orange.
1 lemon.
1 moderate size grapefruit.

Shave fruit very thin. Discard seed and core. Cut in quarters and run through the grinder. To each measure of fruit add three times the quantity of water. Let stand over night. In the morning boil ten minutes, remove, and place in bowl. Let stand over night again. In the morning add a cup of sugar to each cup of juice and fruit, and cook until it jellies. This is delicious.

Mrs. Joseph H. Morgan,
President Pioneers.

LEMON WHIP.

6 eggs.
2 lemons.
1 cup sugar.

Release the juice of the lemons and grate the rind. Beat yolks of eggs, lemons and sugar together. Cook in double boiler until creamy. Remove from stove and fold in the well beaten whites of the eggs. Serve cold in parfait glasses topped with whipped cream.

Mrs. Madison Bell,
Vice-President Pioneers.

LADY BALTIMORE PRESERVES.

1 medium size pumpkin. Not quite a lb. of pumpkin for
9 lemons. lb. of sugar.

Peel pumpkin, cut in pieces the size of string beans. Add sugar and lemons sliced very thin. Let stand over night, to make syrup. Boil slowly about three hours or until tender. Seal in air tight jars.

Lollie Belle Wylie,
Historian Pioneers.

CHICKEN PIE, COUNTRY STYLE.

Cook two chickens, cover with boiling water, add one onion and simmer until meat is tender. When half cooked, add ½ tbls. salt, one-eighth t-spoon of pepper, remove chicken, strain off fat and return, simmer to reduce stock to four cups, thicken stock with 1/3 cup of flour, and dilute with enough cold water to pour easily. Add three tbls. butter, bit by bit, and more salt if necessary. Place a small cup upside down in center of baking dish, arrange pieces of chicken around it, after removing some of the larger bones and pour over gravy.

CRUST. Sift three cups of flour, two tbls. baking powder, one and one-half t-spoons salt. Work in three tbls. each of butter and lard, using tips of fingers; then add one and one-fourth cups milk, roll crust for top one-half inch thick, and remaining dough one-fourth inch thick, cut in three pieces and braid and place around top of cup. Bake in hot oven.

Mrs. J. Sid Holland.

MOTHER'S SWEET POTATO PUDDING.

2 lbs. grated sweet potatoes. 1 pt. fresh milk.
4 fresh eggs. 1 t-spoon ground cloves.
4 oz. fresh butter. 1 t-spoon ground spice.
1 lb. sugar. 1 t-spoon salt.

Mix well and pour into a hot greased pan and bake. Stir twice whilst baking then leave to brown. This recipe was used over sixty years ago.

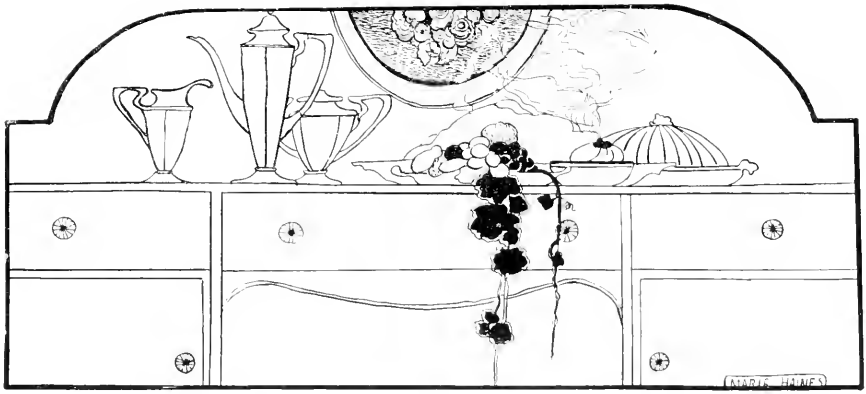
Miss Almeda Harris.

COFFEE CAKE.

1 egg. 1/3 cup melted butter.
1 cake yeast. ¼ cup sugar.
1 cup milk, scalded and cooled. ½ t-spoon salt.
¼ cup luke warm water. Grated rind of 1 lemon.
1½ cups sifted flour.

Dissolve yeast in lukewarm water and add lukewarm milk and one and half cups of flour for sponge, beat until light and let rise. When well risen, add 1/3 cup melted butter, 1/4 cup of sugar, 1/2 t-spoon salt, and one egg well beaten, grating of whole lemon, and flour to make a firm dough, knead and place in well greased pan and let rise again until double in bulk, (about an hour), sprinkle top with chopped almonds and save enough of beaten egg to cover top. Bake in moderate oven from forty-five to fifty minutes.

Mrs. J. Sid Holland.



CHAPTER XIV.

FAMOUS CREOLE DISHES.

Mrs. Marie Hubert, Chairman.

FOREPIECE.

Creole cookery—magic words! So often a misnomer, being used for concoctions a Creole would never recognize. Within this chapter, on the contrary, will be found, an intimate glimpse into a genuine Creole kitchen. Mrs. Marie Hubert, herself a Creole, of distinguished ancestry, and a famous cuisinière, contributes recipes which have been in her family for generations, and many of which have been priceless. The Atlanta Woman's Club, and our cook book readers, owe Mrs. Hubert much.

The Editors.

FISH A LA CREOLE.

"Nature has blessed New Orleans with a greater abundance and variety of fish, both salt and fresh water kinds, than any other place in the country and the epicurean Creole has taken advantage of this munificence by devising strange and wonderful combinations, that are at once the delight and despair of the visitor."

NEW ORLEANS OYSTER LOAF.

2 doz. large oysters.
2 eggs.
Corn meal.
1 loaf stale bread.
Salt and pepper.
Kettle full of boiling fat.

Split the loaf lengthwise, and toast the inner sides, butter generously and put away to keep hot. Drain the oysters, salt and pepper and dip into the eggs, which have been beaten until light; then into sifted cornmeal. Place in wire frying basket and immerse in boiling fat. When they are a golden brown in color, remove from

the fat, and place between the halves of toasted and buttered bread. Serve at once. Pickles, catsup and horseradish are usually served at the same time.

FRIED OYSTERS.

The same rule may be followed for fried oysters as that given for New Orleans Oyster Loaf, with the exception that the oysters after being fried are placed on a serving dish, and garnished with sliced pickles, lemon slices, and triangles of toast.

RECIPE FOR MAKING CUBION.

A Great New Orleans Recipe.

2 tbls. lard.
6 green sweet peppers. (sliced)
6 tomatoes.
3 large onions.

Smother above ingredients in lard; when cooked, add 5 lbs. red or any other good fish. Add salt, black and cayenne pepper to taste. Cover tightly and cook for about twenty minutes; then it will be ready to serve.

GREEN PEPPERS STUFFED WITH SHRIMP

1 lb. fresh lake shrimp or
1 cup canned shrimp.
6 slices toasted bread.
1 onion.
2 cloves of garlic.
½ cup olive oil or drippings.
Bay loaf.
Salt and pepper.
6 large green peppers, (seeds removed).
1 green pepper (minced).

Brown the onions and garlic in hot fat, add three cups of hot water, the toast, which should have been soaked in water, then squeezed dry, the minced green pepper, the shrimp, bay-leaf, salt and pepper. Let the mixture cook down until thick, stirring from the bottom as it browns. Remove from the fire ,and fill the peppers, from which the seeds should have been removed. Fill a baking pan about one-third full of hot water, lay the stuffed peppers in this. and bake forty five minutes in a hot oven.

CRAB SALAD.

½ doz. crabs.
1 bunch celery.

Put crabs in boiling water, and boil 20 minutes with plenty of salt and red pepper, when cool, pick out meat. The crab meat is sweet and the flavor must not be destroyed by too much seasoning. Mix crab meat, celery and 1/2 pt. mayonnaise and you will have a delicious salad.

TARTAR SAUCE FOR FISH AND CRABS.

Make a tartar sauce of mayonnaise with a few sprigs of parsley and pickles chopped fine, a few capers and some onion juice to taste. Delicious when served with tenderloin trout, soft shelled crabs or any fish where tartar sauce is required.

SHRIMP AND TOMATO SALAD.

1 lb. fresh shrimp or
1 small green pepper (minced).

1 cup canned shrimp.
6 large firm tomatoes.
1 stalk heart celery. (chopped)
Lettuce leaves.
Mayonnaise.

With a small spoon, scoop out the center of the tomatoes. The flesh may be set aside for soup or stews. Cut the shrimp in small pieces. A small onion is an addition. Bind together with a little mayonnaise, fill the tomatoes and set on ice. Serve on lettuce leaf and garnish with nasturtiums and top with a spoonful of mayonnaise.

GUMBO A LA CREOLE.

As one advertiser has it, this is the soup that made New Orleans famous. It is a great fast day soup, as it is so substantial that it constitutes a whole meal in itself, when served with the dry boiled rice that invariably accompanies it. The beef brisket is usually sliced and served with mustard or horseradish, as the meat course that follows when used other than a fast day meal.

6 crabs (boiled and cleaned).
1 lb. lake shrimp (boiled and cleaned).
1 lb. beef brisket (if desired).
1 lb. canned tomatoes.
Large onion and garlic minced.
2 t-spoons file.
1 qt. okra (sliced).
Salt, pepper, bay leaf.

Brown the onions and garlic in beef drippings or butter. Then add okra and cook until that is brown, then add the shrimp and brown that. Put into a soup pot and cover with two quarts hot water. Salt and pepper the brisket, dredge with flour and brown on both sides in a little fat. Add this to the soup, also the tomatoes, crabs, the claws and bodies of which should be broken; add seasoning last, cover pot and allow to simmer 2 hours. When ready to serve, place some of the crabs in each soup plate with a serving of gumbo; a tbls. of boiled rice is served with each helping at the table. The crabs are eaten with the fingers.

BOILED RICE A LA CREOLE.

2 cups head rice.
2 qts. salted boiling water.

Wash rice, stir into boiling water little at a time so as not to disturb the boiling; boil hard for 20 minutes, remove, place in colander and blanch with cold water, drain, put in pot, cover tightly and set on back of stove and allow to steam for 20 minutes or more. Each flake of rice should stand separate.

VEAL DAUBE GLACE A LA CREOLE.

"Much Used In Ante-Bellum Days."

3 lb. shoulder of veal.
2 tbls. granulated gelatine.
Bay leaf.
1 large can tomatoes.
1 large onion (minced.
Garlic as desired.

Have shoulder boned, rolled and tied instead of skewered. Salt and pepper, dredge with flour and brown in hot fat. Remove from pan and brown the onions and garlic in the fat, add gelatine, tomatoes, 2 quarts hot water and seasoning. Return veal to vessel, cover

closely and simmer until very tender, then remove very carefully to avoid breaking and place in a mold. Pour over enough stock to cover veal, allow to cool, then place on ice. When ready to serve dip mold an instant in boiling water, turn out on platter in which it is to be served. Slice and garnish with parsley.

RUSSIAN SAUCE FOR COLD MEATS.

½ pt. of Mrs. Hubert"s Mayonnaise.
¼ lb. grated cheese.
2 tbls. catsup.
A few drops of Tobasco.
2 tbls. Worcestershire Sauce.

Mix above ingredients well together.

EGG PLANT A LA CREOLE.

2 large egg plants.
6 slices toasted bread.
½ cup olive oil or butter.
1 large onion.
Several cloves of garlic minced.
Bay leaf, salt and cayenne.

Cut egg plant lengthwise and scoop out inside without breaking the skin. Boil skin and all until tender, then remove skins to buttered baking dish and fill with the following mixture. Fry onion and garlic a dark brown in the fat, add egg plant pulp, the toasted bread (broken into bits) salt, cayenne and bay leaf. Let simmer until thick and brown, stirring from the bottom constantly.

EGG BREAD AS MADE IN THE SOUTH.

2 cups white corn meal.
2 eggs.
1 tbls. soda in 2 tbls. hot water.
1 tbls. sugar.
½ cup lard or butter melted.
Buttermilk to make stiff batter.
1 t-spoon salt.
1 cup buttermilk.

Beat eggs until light, add buttermilk, salt, sugar and melted fat; sift cornmeal into this, batter should be rather stiff. Mix soda in a little hot water and stir thoroughly in the above mixture, (adding a little more milk if batter is not right consistency). Pour into well greased hot pan; cook in moderate oven until top is a golden brown. Do not have batter more than one-half inch thick in pan before baking. Cut in squares, split and butter generously; eat hot.

NEW ORLEANS PRALINES.

2 cups powdered sugar.
1 cup maple syrup.
½ cup of cream.
2 cups pecan meats (whole).

Boil sugar, cream and syrup together until mixture forms soft ball tested in cold water. Beat until smooth and creamy, then stir in nuts and drop from t-spoon in small piles on paraffin paper.

DAINTY FROZEN SALAD FOR PARTIES.

1 can white cherries.
1 can pears.
1 can sliced pineapple.
6 oranges (pulp).

Cut fine above ingredients, add orange pulp and enough of equal parts of fruit juices to mix salad. Stir in 1-1/2 pints of Mrs. Hubert's mayonnaise and freeze as you would ice cream. Serve on fancy ferns.

CHAPTER XV.

SCIENTIFIC CANNING.

STATE AGRICULTURAL COLLEGE.

By Miss Mary Cresswell, State Director Home Economics.
Mrs. Bessie Stanley Wood, Assistant State Agent.

A healthful diet demands the use of fruits and vegetables every day in the year. Of these the most necessary for health, as well as the most neglected, are the green vegetables which appear on many tables only during a brief season. Their use can be made possible during the entire year and the health and prosperity of the home greatly increased by canning the surplus products, which would otherwise be wasted.

For home use, glass jars are more economical because they can be used many times, and with care will last for years. New rubbers must be used each year, and it pays to get the best quality of red rubbers.

When screw cap jars are used, new caps are usually essential for success. The best type of jar for home use is one with so-called "lightning" seal, having glass lid and wire clamp. This lid is not only more sanitary, but can be used as long as the jar lasts. For intermittent processing the lightning seal jars are suitable, because the lifting of the wire clamp each day during processing insures that the jar will not be broken by expansion and the rubber not worn by the unscrewing of the cap.

TYPES OF CANNERS.

In choosing a canner the kind and amount of canning to be done should be considered. The least expensive of the commercial outfits is the small hot-water canner. Some of the advantages are that it is easily handled by inexperienced people and it is also preferable to other canners for processing fruits and tomatoes. The texture, flavor and color of the finished products so processed at boiling temperature are superior to those which have been canned at higher temperature.

HOT WATER CANNER.

An outfit which can be placed on the kitchen stove, is the simplest form of hot-water canner. Blanching trays, a false bottom, tongs for handling hot jars are also included in these outfits. There are several types of portable canners on the market at very reasonable prices.

STEAM PRESSURE CANNER.

Another type of canning outfit is one which is constructed of strong material and provided with a closely fitting lid. When in

operation it is possible to hold steam under pressure and obtain a correspondingly high temperature, but since the canner is made of heavy material a greater degree of heat is required to bring the temperature up quickly. This canner has a steam gauge and thermometer attached to the lid and these register the temperature and the corresponding number of pounds of pressure. Much time, labor and fuel can be saved by using a steam pressure canner.

Preparation of Vegetables.

In securing a fine quality, much depends upon having the vegetables or fruit absolutely fresh, crisp and clean, and kept cool. Have all surroundings and utensils spotlessly clean, and carry on all steps from beginning to end of any lot of canning as rapidly as possible. A good slogan is "one hour from the field to the can". First have cans and lids thoroughly washed and scalded. Sort and grade fruit, discarding all defective ones, and use together those of same size. Use only uniformly well ripened products. In canning, the flavor is retained only when young, tender, quickly grown vegetables are used.

STEPS TAKEN IN CANNING IN GLASS.

1. *Sorting and grading* fruit or vegetables, washing, peeling, etc.

2. *Scalding, peeling and coring* (for tomatoes). Put into trays and lower into boiling water for one minute. Remove at once to prevent cooking. Plunge into cold water to make the fruit firm, and peel promptly. In tomato peeling use a slender pointed knife to cut out the core and be careful not to cut into the seed cells. Keep the tomatoes whole when possible.

3. *Blanching* consists of plunging the vegetables or fruit into boiling water for a short time. Use a wire basket or cheese cloth square for this. The blanch gives a more thorough cleaning, removes the strong odor and flavor from certain kinds of vegetables, improves the texture and gives a clearer liquor. It also shrinks the fruit or vegetable and makes it more flexible. A full pack is then more easily made. The time required for blanching varies with the state of maturity. Beans should be blanched until tender enough to bend without breaking. Peaches will pack better if blanched for an instant in water below boiling (about 180 degrees F.), lowering peaches into it for fifteen seconds. The same blanch will make the hard varities of pears pack better and give them a more transparent appearance; and used for cherries will prevent splitting and cracking. Spraying fruit with cold water after blanching will make it firmer. Frequently it is well to put the vegetables into cold water for an instant after blanching to make more crisp. In blanching asparagus, tie a few stalks into each bundle, lower bundles into water, tips up, blanching the lower ends one or two minutes before immersing the tips. Blanch the tips only two or three minutes.

4. *Packing.* After selecting fruit or vegetables for uniformity in ripeness and size and after blanching, it should be arranged with

reference to symmetry and the best use of the space with the jar. In placing the fruit or vegetables in a jar, a thin, slender, flexible paddle made out of cane is useful. This paddle is also used to take out bubbles of air by running it down the side of the jar to touch these bubbles after the liquor has been added to the pack.

5. *Adjustment.* Before placing the cap be sure that the rubber is flattened in its groove, without the presence of any seed or particle of the fruit. When a screw top jar is used, screw the cap evenly about half way. When a glass top jar with wire clamp is used, place lid on evenly and raise both clamps up, the upper one fastened to hold the lid in place. With an hermetic jar, fasten the cap on the jar evenly with the clamp. The last jar is self-sealing as it cools. The clamp must not be removed until the jar is entirely cold.

6. *Processing.* Place the jars in a water bath on a rack (wooden one best) to avoid breaking. Have water the same temperature as the contents, letting it come to within two inches of the top of jars. Have a tight cover for the vessel to keep in the steam. Do not count time until the water begins to boil; keep it boiling steadily for the time required. Seal the jars airtight promptly at end of processing and remove them from the bath, being careful not to allow a cold draft to strike them. In intermittent processing, raise the clamp of each jar at the beginning of each processing to allow for expansion. Seal at close of each processing. The hermetic jar is not a suitable one for intermittent processing.

7. Label and store products in a cool, dry, dark place.

SYRUPS.

In the instructions for canning fruits, syrups of appropriate density for standard products are indicated. These are made of varying densities, as indicated by a Balling saccharometer. Each syrup indicated by number represents the degrees from 10 to 50 degrees. No. 1 syrup is of 10 degrees density, No. 2 of 20 degrees density, and so on.

To make these syrups, boil sugar and water together in the proportion given below until sugar is dissolved. Strain all impurities out of the syrup before using:

Syrup No. 1 use 14 oz. to 1 gal. water.
Syrup No. 2 use 1 lb. 14 oz. to 1 gal. water.
Syrup No. 3 use 3 lb. 9 oz. to 1 gal. water.
Syrup No. 4 use 5 lb. 8 oz. to 1 gal. water.
Syrup No. 5 use 6 lb. 13 oz. to 1 gal. water.

PRESERVING.

A preserve is the product resulting when fruits are cooked in syrup until clear and transparent. When properly made the

fruit in the preserve keeps its form, is plump, tender, clear and of good color; the surrounding syrup is also clear and of proper density.

In making preserves, the object is to have the fruit permeated with the syrup. It is well known that if two liquids of different densities be brought into contact with each oher, they tend to mix or diffuse until they equalize each other and become of equal density. This diffusion takes place through the cell walls of fruit or vegetables as readily as if they were not present between the fruit juice and the denser liquid syrup. When fruit is placed at once in a very heavy syrup, the difference in density between the two liquids is so great that the syrup absorbs the fruit juice so rapidly that the fruit shrinks and becomes shriveled and toughened. The syrup can then enter the fruit with great difficulty. In order to prevent this shrinking it is necessary to put fruit at first in thin syrup and increase its density slowly enough for diffusion to take place and the fruit be permeated with the syrup. This is done by boiling the fruit in syrup or by alternately cooking and allowing the product to stand immersed in the syrup, the density of the syrup being increased by evaporation or by substituting a heavier syrup for the lighter one after each period of standing. If at any time the fruit shrivels or wrinkles, the syrup should be made less dense by the addition of water. If this process be carried on gradually enough the fruit may be completely saturated with sugar (as is the case with crystalized products) without shrinking.

JAMS AND MARMALADES.

In making jam the whole fruit is used, but prepared in such a way as to give a mixture alike throughout, not having the fruit remain whole and the syrup clear as in preserves. The small fruits are ordinarily used for jams, while larger ones are sliced and made into marmalades in which the product is not smooth in consistency, but has the fruit appearing in small pieces throughout the mixture.

GRAPE MARMALADE.

Select grapes about one-half of which are under-ripe rather than entirely ripe. Wash and stem the fruit. Separate the pulp from the skins. Cook pulps for 10 minutes and press through a sieve or colander to remove seeds. Add ¾ cup water to each quart of skins and boil until tender. Then put the pulp and skins together and measure. For every quart of the mixture, use 1 pound of sugar. Bring the fruit to a boil, add the sugar, cook, stirring frequently until it will give the jelly test or reaches 222 Fahrenheit. Pour into sterilized jars and process as for jam and preserves.

SPICED GRAPES.

Soften hulls and pulps and combine as for canned grapes. For every 5 pounds fresh fruit, use 2-1/2 pounds sugar, 2 ounces ground cinnamon, 1-1/2 ounces cloves, 1 cup vinegar. Boil over slow fire for one hour. Put into sterilized jars and process pints at simmering for 30 minutes.

FIG CONSERVE.

2 lbs. fresh figs or
1 qt. figs (plain canned).
1 orange.
⅛ tsp. salt.
½ lb. raisins.
1½ lbs. sugar.
⅛ cup pecans (shelled).

Cut all, except nuts, into small pieces and cook until thick and transparent, about 1 hour. Add nuts five minutes before removing from stove. Pack into sterilized jars and process pint jars at simmering 30 minutes.

GRAPE MINCE MEAT.

Pulp grapes and add 1 cup water to each quart pulps. Boil until tender and eliminate seed. Run hulls through meat chopper, using coarsest plate, and cook until soft. Mix pulp, juice and hulls. To each quart of mixture add pulp 1 lemon, ground white rind of lemon, 2 cups sugar, 2 tsp. cinnamon, 2 tsp. nutmeg. Boil until smooth, thick consistency and it flakes from spoon. Put into sterilized jars and simmer pints 30 minutes. To a pint of this mince meat, add 1 pint chopped apple for making pies.

GRAPE KETCHUP.

4 lbs. grapes, 2 tbsp. cinnamon, 1 tbsp. cloves, 1 tbsp. allspice, 1 cup vinegar, 1 tbsp. salt, 2 lbs sugar, a little cayenne if desired.

Stew the grapes until soft and remove seeds. Use whole spices and tie in a bag to prevent darkening the product. Add the spices, sugar, salt and vinegar and simmer for 15 minutes. Put into sterilized bottles and seal.

PEACH JAM.

2-1/4 lbs. peaches cut in small pieces, 1 lb. sugar, 1 2 cup juice, tsp. bark cinnamon, 5 allspices berries, 1 cracked peach seed, 10 whole cloves, 1 sprig mace, 1 inch ginger root. Tie spice in cheese cloth bag.

APPLES shrink more in canning than most fruits and for this reason should be blanched for one minute. Plunge them into cold bath, then pack. Cover with No. 1 syrup. Process quart jars 10 to 12 minutes. Exhaust No. 3 cans two minutes and process eight minutes at boiling temperature (212° Fahrenheit).

For DEWBERRIES, BLACKBERRIES and RASPBERRIES, practically the same methods of canning may be used. The condition of the fruit will have much to do with the quality of the product. The berries should be gathered in shallow trays or baskets and not in deep vessels which allow them to be bruised and crushed. They should be uniformly ripe, sound and as large as possible. It is necessary to can all varieties of berries in glass or else to put them in enamel lined cans, because if canned in ordinary tin cans, the berries will lose color and flavor very quickly, and be unfit for use for sale.

The flavor of canned berries will be finer if sugar is used in canning. It is best to make this into a syrup. The use of berry

juice instead of water in this syrup will give a richer color and flavor. For fine berries, use a syrup of 30 degrees density (about 3-1/2 lbs. sugar to one gal. juice or water).

After the berries have been carefully sorted and lightly washed by placing in colander and pouring water over them instead of putting into a pan of water, pack as closely as possible without crushing. This can be done by putting a few berries in the jar, pressing them gently into place and proceeding layer by layer, than by nearly filling the jar loosely and then trying to press them down.

Fill jars full of fruit, and cover with cooled syrup. Fit rubber, and then the lid, loosely on glass jar and process pints six minutes, quarts 12 minutes, counting the time after boiling begins.

CHERRIES keep their flavor and color with difficulty in tin, even in enamel lined cans. For this reason glass is preferable. When canned whole they should be blanched to prevent splitting and then dropped into a cool syrup to plump. For sour cherries use No. 4 syrup; for sweet ones No. 3. Process quart 25 minutes.

FIGS for canning should be sound and firm. They may be treated with the soda bath as for preserving (see p. 36), cooked in the syrup from 40 to 60 minutes, then cooled and packed in No. 3 syrup and processed for 30 minutes in quart jars.

Before preparing PEACHES make fruit Syrup No. 3 or 4 (see table), allowing about one cup water for each quart jar or No. 3 can. Put in one cracked peach pit for every quart of syrup. Boil for five minutes and strain.

Sort the fruit, using firm, sound, uniform peaches for canning, and putting aside the soft broken ones for jam. Peeling may be done by placing the peaches in a wire basket or cheese cloth square and immersing in boiling water about one minute, until skins slip easily. Remove, plunge for a minute into cold water and slip off the skins. Cut into halves, remove seeds and immerse in the hot syrup. Allow to stand in the syrup until thoroughly cold. Pack at once, placing halves in overlapping layers, the concave surface of each half being downward and the blossom end facing glass. Fill each jar with syrup and paddle carefully to remove air bubbles. Process quart 20 minutes and half gallon, 35 minutes.

Firm, perfect peaches may be lye peeled, but if very ripe the fruit is made too soft by this process. Have ready a boiling lye solution (4 tbsp. concentrated lye to one gal. water). Immerse the peaches in it for about 20 to 30 seconds. Lift them out and drop into clear boiling water for a like period. Then put through two cold water baths and in the second rub off all remaining skin. Keep the lye hot and abandon it for a fresh solution as soon as it turns dark.

Select PEARS ripe but not soft. Peel, blanch, put in cold soda bath (1 tsp. soda to 1 gal. water), drain and pack rapidly. When

packed whole, leave stems on and place each layer stems up, letting the second row fill the spaces between the two stems and repeat. Pack pears in No. 3 syrup and process quarts 30 minutes.

Select sound uniform PLUMS, prick with needle to prevent bursting. Pack as firmly as possible without crushing, in No. 4 syrup and process quarts for 15 minutes.

Use GRAPES sound but not dead ripe. Weigh and pulp. Heat pulp over a slow fire until soft, then run through a colander to get rid of seeds. Add 1 cup water to each quart hulls and cook slowly until tender. Combine hulls and pulps and add 1 pound sugar for each 6 pounds fresh fruit. Boil 5 minutes. Put into sterilized jars and process pint jars at simmering 30 minutes.

It is of the greatest importance that ASPARAGUS for canning be fresh and tender. Select tips of uniform size and maturity, and wash them. Cut in right length for cans; scrape off tough outer skin and tie in bundles. Blanch by immersing the lower ends part way in boiling water for two minutes. Then immerse the entire tips for one to two minutes longer. Plunge into cold water, then pack neatly having the tips up. Fill jars with brine (4 oz. salt to 1 gal. water) and process intermittently, one hour daily for three days.

The Refugee is a good variety. STRING BEANS should be tender and fresh. When the beans within the pod have grown to any size canning is more difficult and the product of poorer quality from a commercial standpoint. For canning only well sorted, small, tender beans should be used. String the beans and cut them into two-inch lengths, cutting diagonally or "on the bias" giving a pretty product. In glass they may be canned whole, packed log cabin fashion in square jars. Blanch three to eight minutes and plunge into cold water for an instant. Drain well and pack quickly, cover with brine (2-½ oz. salt to 1 gal. water), process intermittently, or if very young, tender beans are used, process for two consecutive hours.

Lima, or Butter Beans, are treated as string beans, blanching 2 to 5 minutes. Always process intermittently. Add sugar and salt mixture as for corn.

The best variety of BEET for canning is the Detroit. From a standpoint of quality, only young tender beets should be canned. Sort, putting uniform sizes together. Boil until three-fourths done, peel, pack in layers of three or four, fitting the second layer into the spaces left by the first layer and repeat. Cover with clear hot water. Process quart jars 1 to 2 hours. Do not allow cold water to touch the beets after they have been cooked.

CARROTS—Proceed the same as for beets, processing one hour.

Only the Spanish varieties of SWEET PEPPER, known as pimentos are suitable for canning. The fruit of these peppers has very thick meat, tough skin and is comparatively smooth and free from ridges. Peppers should be ripe, sound and free from bruises. Prepare for peeling by placing peppers in a hot oven for 6 to 8 minutes. Peel, cut out stem, remove seeds and pack dry in flattened layers. No water is used in the preparation of these peppers; the processing brings out a thick liquor which almost covers them in the can. In glass a good package is a 10 ounce tumbler-shaped jar with hermetic cap. Process this jar 25 minutes and pint jars 30 minutes.

SOUP MIXTURE.

Any desired mixture of vegetables may be packed for home use. For the standard club product use 1/2 tomato pulp, 1/4 corn, or tiny lima beans and 1/4 okra, with seasoning of salt, sugar, pepper and slice of onion for each can. Heat the tomatoes, put through a sieve to remove seeds and cook down to about the consistency of ketchup. Measure, add the corn or beans and okra and seasoning. Cook together for 10 minutes, then pack in No. 2 cans or glass jars. Exhaust 5 minutes and process 1 hour continuously or intermittently. With tomatoes not red enough add 1 c. pimento to each gallon of pulp. This also adds flavor.

Peel TOMATOES so as to keep as nearly whole as possible. Cut out the core with a slender pointed knife without cutting into the seed cells. Pack only red ripe, sound tomatoes whole or in large pieces. Put 2 teaspoonfuls of the sugar and salt mixture in each quart jar. Process quart jars 25 to 30 minutes.

In glass for home use whole tomatoes may be packed and surrounded with cooked tomato juice, giving when opened, a sauce for soups and whole tomatoes for salads or other use.

CHAPTER XVI.

SCHOOL AND BUSINESS LUNCHES.

Mrs. S. R. Dull.

This day and time we keep well by proper eating, so every home maker, should be informed about food stuffs. It is an old subject, but always new, and as long as the world stands will be needed. Get away from medicines and learn how to prepare meals and lunches which will keep the family well. Does it pay? Your pay is rosy cheeked children, a well and happy family.

First, it is important to know something about the person for whom the lunch is being made, whether he is lean or fat, old or young, whether outdoor worker or inside. The man or woman who sits all day requires less and a different kind of lunch from the one who does not. The strong, fat, romping child would need a different lunch from the thin child who does not romp. The playing of children means to them what work does to the grown-ups and growing children require a good deal of food to build the body.

It is necessary for those carrying lunches to co-operate with the one who prepares them by eating all kinds of food, and thus keep the body well. Some folks pamper their appetites, eating just what they like, never getting a balanced meal, and then wonder why they have so many ailments. They do not stop to think that it could be improper eating. Some of their digestive organs are never exercised, while others are over-taxed.

We used to think we should have a balanced meal each time, but now many of our good specialists say if we get it in the three meals of the day it is just as well. This last method is easiest for the housewife. Consequently, you could fix for some a lunch entirely of fruit. Have cereals, milk, bread and butter for breakfast, and meat, vegetables, salads and desserts for dinner. If you prefer, there can be a more general mixture in all meals—the person and occasion would determine this.

For fixing lunches, the first thing needed is the proper tools with which to work: a good sharp knife, waxed or white paper, rubber bands and the lunch box, which should contain a teaspoon, jelly glass with top, or the equivalent, a drinking cup and if soup or milk is ever carried, a small thermos bottle.

Next, the bread is considered—whether you are to make at home or buy, what kinds, white, whole wheat, graham or biscuit; brown or nut bread, too, occasionally. Since sandwiches are the most convenient way of carrying lunches, the bread is an important part and the sandwiches we will put in two classes, meat or salad,

and sweet. The first kind is made of meat, eggs, cheese or nuts. If the person does not require much meat, a small portion chopped and shredded can be spread more evenly. Have your butter soft, so it can be readily spread—you cannot spread hard butter and to melt it gives an entirely different taste.

For grown folks and large children, a slice of pickle or mayonnaise may be added to the meat; in this case you can leave out these made of salad. Sandwiches of lean meat, eggs, cheese, fish (sardines), or nuts is protein food and for building and re-building the body. The lunch is apt to have more of this particular food, so the lunch maker should see that cereals and all vegetables, particularly green or leaf ones, are given in the meals eaten at home. Vegetables and cereals give energy and heat and are just as important.

The sweet sandwiches made of jam, jelly, cottage cheese, raisins, nuts, fresh and dried fruit, give more heat and energy, as well as some minerals and some protein. Fat meat, butter, mayonnaise (oil) and nuts give still more and supply the fats for the body. You can readily see it is important to vary the lunch.

The breakfasts in many homes have become rather scant and I wonder if it is wise. The school teacher says "NO", that the child who does not have a good, substantial breakfast *and time to eat it* is the one who becomes restless, tired and cannot study well and often is not the bright child.

From the above list, many lunches may be formed. A few additional lunch suggestions follow:

SCHOOL CHILD'S LUNCH.

1 meat sandwich.
1 jam or jelly sandwich.
1 apple or orange.
2 or 3 pieces of candy or sweet chocolate.
6 nuts, cracked, picked and wrapped in waxed paper.
1 slice of cake or cookies.

BUSINESS MAN'S LUNCH.

2 meat sandwiches.
1 cheese sandwich.
1 jam or sweet sandwich or
1 fruit tart or pie.

THE BUSINESS WOMAN.

2 meat sandwiches.

1 tasty or salad sandwich which contains pickle, celery or something pertaining to a salad mixture. Something sweet—stuffed dates, candy, slice of cake, sweet sandwiches (sliced pineapple with mayonnaise).

The drink to be carried or bought.

Mrs. Henrietta Stanley Dull.
(Mrs. S. R. Dull.)

CHAPTER XVII.

FIRELESS COOKERY.

Mrs. J. B. Rowe. Chairman.

The average housewife desires efficiency in the home. The duty of nourishing the family, which heretofore has required, not only thought and work in preparing the meals but much time has been minimized by fireless cookery, the principle of which is simplicity itself.

In the fireless there is little evaporation. Food retains its full weight, flavor and nutriment; does not overcook, burn or dry out. It needs no turning, stirring or basting, and may remain in the cooker hours after it is cooked, and still be hot and delicious.

The saving in fuel is about 80%. The heat used to cook the food is stored up in radiators or stones, which may be heated by any kind of fuel, and require only a few minutes to heat sufficiently, to cook thoroughly any kind of food, that by the old method required hours of continuous fire. After the food is placed in the cooker, the cooker is sealed and no more thought given it until time to serve, eliminating heat from the stove, confusion in the kitchen, and constant watching.

SELECTION OF COOKER.

Care should be taken in selecting because it lasts a life time and the best is found to be the most economical. The following considerations are essential to obtain the best results.

SELECT A COOKER

A. With a steam valve in the lid.

B. That is lined with seamless aluminum, and is metal outside so that it may be thoroughly washed and not contain odors of food, from one cooking to the next.

C. That has a thermometer and table of rules for heating, radiators and a book on instructions.

It is advisable to buy the stand on which to set the cooker thus making it a convenient height, and avoiding any chance of rust on the bottom of the cooker.

DIFFERENT WAYS FOOD MAY BE COOKED.

Foods may be roasted, baked, steamed, stewed, boiled, fried and broiled in the fireless. The baked variety includes pies, pastries, cakes and puddings. Fruit may be canned by the fireless method.

Since the fireless retains cold just as well as heat, delicious tidbits may be frozen in it. Ice cream may be made early in the morning in a freezer, and packed in the fireless in the regular

way (taking just the can containing the cream, placing it in one compartment of the cooker, and packing around it three parts of ice to one of salt). Seal the cooker and it will stay hard from eight to ten hours.

Foods are prepared in the usual way, using the same recipe as for a regular stove, and then placed in cooker.

The difference in cooking such as baking or boiling is in the number of radiators used and difference in degrees of temperature.

A rule will be found in the instruction book governing each. The cooking time is about the same as on the regular stove.

THE THINGS TO KNOW ARE:

A. Right temperature of radiators.

B. When to use one or two radiators.

C. When to use and when not to use covers of utensils.

D. When to use water with the food and right amount to use.

E. How to place the radiators close enough to the food to have the proper heat contact.

F. How to clear utensils, steam valve, and radiators.

Fireless cooking is done by fixed rule, and if the food is properly placed in the cooker, the radiators heated to the proper temperature and placed correctly, the fireless left unopened until cooking is complete, it will be impossible to have anything but good results.

The instruction book with each cooker teaches these rules. The fireless method is so simple and economical, that every house wife should teach her servant to use it.

Owing to limited space only recipes will be given for each kind of food, which differs in treatment in the cooker. Other recipes will be found in regular recipe chapters.

CEREALS. OAT MEAL.

Time—over night. Place oat meal in double boiler of fireless.

BOILED RICE.

Heat one radiator to 450 degrees, and place rice, cold and raw on radiator in cooker for one hour or longer.

SOUPS. SOUP STOCK.

4 lbs. soup meat and bone.
1 onion.
1 tbls. salt.
1 stalk celery.
1 turnip.
2½ qts. water.
1 carrot.
¼ t-spoon pepper.
½ bay leaf.

Bring the entire mixture to a boiling point and allow to simmer ten minutes. Place in cooker for eight hours or over night. Remove and skim fat from top before using. Use one radiator.

TOMATO SOUP.

Boil 5 minutes and place in cooker for 2 hours. Use 1 radiator.

GREEN OR SNAP BEANS (Southern Style).

String beans, leaving whole; place three strips of bacon or salt pork in bottom of pail, then beans on top. Remove to cooker three to four hours, using one hot radiator, 450 to 500 degrees.

BAKED MACARONI WITH CHEESE.

1 hour in fireless, between 2 radiators—heated 450 degrees.

MEATS—ROAST BEEF.

The best shaped roast to prepare for cooking by fireless is a rolled roast from five to eight pounds. Prepare in the usual way for oven. Then put roast in the largest vessel and raise temperature of the two radiators to highest possible point; then place the vessel in the large compartment and allow it to remain twenty minutes for each pound, or fifteen minutes per pound if desired rare.

Never use water when roasting beef. The fireless process is the most satisfactory method of all for cooking meat; enough juice from the meat is developed during the cooking to make the best gravy ever served. During the cooker method this juice acts as a self baster.

ROAST LAMB.

Select a small leg of lamb and cut off the shank, and season well in the usual way. Place in the largest vessel and use both Prepare gravy in usual style. Use two radiators heated 500 deradiators. Allow thirty minutes or more for each pound of meat. grees.

VEAL LOAF.

Three hours. Use two radiators. Heat 475 degrees.

ROAST CHICKEN.

The time necessary for roasting a chicken depends on the age of the bird. 1½ hours is sufficiently long for a young chicken but an older one should be roasted two hours, and a very tough chicken three hours. Old chickens will turn out as tender and savory as spring chickens. Prepare chicken by usual method for oven. It will not be necessary to heat the chicken to brown before it has been placed in the fireless. If both radiators are made hot the chicken when roasted will turn out very nice and brown. The chicken therefore can be placed cold in the vessel and placed at once in the cooker for roasting. It is not necessary to open the cooker for basting as the hot steam prevents burning. Heat 500 degrees.

ESCALLOPED POTATOES.

Peel and slice one quart raw potatoes, place in kettle one layer of potatoes and small pieces of butter, salt and pepper, and

slice one small onion until required quantity is prepared. Pour one pint of scalding milk over this, sprinkle with bread crumbs and place in the fireless. Use two radiators heated 450 degrees and bake 2½ hours.

APPLE PIE.

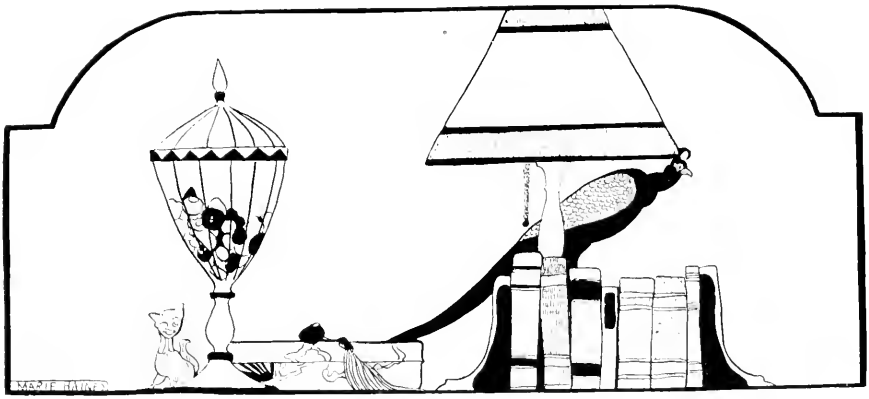
Place in the fireless, using two radiators heated 450 degrees for about 40 minutes. Any fruit pies can be baked like this.

PUMPKIN PIE.

Line pan with pie pastry—using 1 crust only.

2 eggs well beaten.
¾ cup sugar.
2 cups milk.
1½ cups pumpkin.

Salt to taste, season with nutmeg, cinnamon and a little ginger. Add a little melted butter. Bake in the fireless 30 minutes. Use two radiators heated 450 degrees. When cold cover with whipped cream, seasoned to taste with vanilla and sugar.



CHAPTER XVIII.

DISCOVERIES.

Mrs. Frank J. Graham, Chairman.

The old saying "'Tis the little things in life that count" has inspired us to give you this chapter of little things that have counted in the lives of others. It is our sincere wish that "Discoveries" may prove of use to the possessors of the Atlanta Woman's Club Cook Book.

REFRIGERATORS—To keep refrigerators pure, wash out twice a week with sal-soda and cold water.

Mrs. R. M. Striplin.

MERINGUE—If meringue or any egg mixture is cooked in oven too hot, it invariably falls. Cook in moderate oven or leave oven door open.

Mrs. W. B. Price-Smith.

FISH—will scale much easier if dipped into boiling water.

Mrs. Porter King.

IODINE—may be removed from any fabric by soaking the article in lime water.

Mrs. Alonzo Richardson.

SILVER—To clean easily, put pieces into a large pan of boiling water, into which you have put a small amount of Ivory soap flakes. When tarnish has disappeared, rinse in hot water and dry thoroughly.

Mrs. M. H. Stevens.

SHERBET—In making fruit sherbet, add a pinch of salt. Sherbet will have more body and taste better.

Ida Crossett.

GILT FRAMES—When gilt frames are new, go over with a coat of colorless varnish. All specks can then be washed off with water without injuring.

Mrs. W. F. Melton.

CLEANING FLUID FOR BLANKETS.

2 bars ivory soap (grated). 1 gal water.
6 tbls. powdered borax.

Mix above ingredients thoroughly, place on fire and dissolve. When cold add 6 or 8 tbls. household ammonia. Make this mixture the day before planning to use. This forms a white jelly which, when used in the proportion of a cup of mixture to several gallons of water, cleanses perfectly.

TO SET COLORS.

1 tbls. alcohol. ½ gal. water.
1 tbls. turpentine. ½ cup salt.

Soak goods over night to retain color. Fold cloth carefully and place in tub, pouring over the above mixture. The next morning take out, but do not wring. Stretch on line and pin with clothes pins. Cloth thus treated needs pressing. If goods should be shrunk, heat the mixture before pouring over.

Mrs. Hugh Willet.

PUNCH—When making punch, put large silver spoon in bottom of bowl, add ice. In this way there is no danger of breaking bowl. Put silver teaspoon in jelly glass. You can fill slowly with no danger of breaking glass.

Mrs. J. A. Carlisle.

CURDLING—In serving acid fruits, put a large piece of ice in dish with fruit; then pour cream over all. The cream will not curdle.

Mrs. Lee Hagan.

MINT—Fresh mint and parsley placed in air-tight fruit jars will keep in good condition for a number of days.

Mrs. Beaumont Davison.

RECIPE HOLDER—Paste an envelope in your cook book for new recipes.

Miss Cobbie Vaughn.

TO LOOSEN FRUIT SKINS—To quickly peel ripe tomatoes—and peaches, immerse for a moment in boiling water, which will loosen the skin.

Mrs. Chas. Evans.

TO BEAT EGGS—In beating eggs separately add pinch of salt to whites. They beat more quickly in this way. Then add a little of the beaten whites to the yolks as the yolks beat up nicer.

TO PRESERVE EGGS—use one part Silicate of Soda, (liquid glass) to ten parts of water which has been boiled and cooled. Put fresh, clean eggs in an earthen or glass vessel and cover with a weight to keep them submerged in liquid. Wash off before using.

These will keep indefinitely and are good for all cooking purposes, with the exception of boiling and poaching.

Do not wash eggs first, as it removes the natural coating.

Mrs. C. E. Cresse.

CORN and batter breads should be made with fresh buttermilk. Biscuits are better when made with buttermilk a little acid.

TO SWEETEN MILK—Add a little sweet milk to buttermilk which has become sour. It will be quite fresh again. Taste it and use own judgment in regard to amount to add.

SCORCH—In boiling, if contents become scorched, immediately remove vessel from fire and set in pan of cold water. In a few minutes the scorched taste will have disappeared. Put food in another vessel, discarding the scorched part, reheat and serve.

Mrs. J. A. Carlisle.

INSECTS IN VEGETABLES—Before using vegetables that form heads such as lettuce, cabbage, cauliflower, wash thoroughly, cover with cold water; adding a little vinegar. Let stand for 30 minutes or longer. Any insects hidden within will immediately crawl out. Also, your vegetables become crisp and fresh from being in the cold water.

Mrs. W. F. Wimberly.

TO SEAL JELLY—Put paraffine in jelly glasses and pour in your hot jelly. When cold, the jelly will be covered and sealed without any trouble.

TO OPEN A COCOANUT—bore hole in eye and empty milk. Put in hot oven and the heat will crack the shell, so that meat can be removed easily.

RELISH—Chopped onion and parsley added to any dumplings greatly improves their taste.

POTATOES—Parboil potatoes before putting in soup.

Mrs. G. B. Denman.

INK STAINS—Salt on fresh ink stains will help to remove them.

TO WHIP CREAM—When whipping cream, add the white of one egg to each cupful of cream. It will be firmer and double in quantity. Whip egg and cream separately, put together and then whip a little more.

Mrs. R. M. Striplin.

SUGAR SAVING—To save sugar in cooking acid fruits, add a pinch of soda when cooking. If this is done, it will be necessary to use about one-half as much sugar.

PIN FEATHERS—To pick out the pin feathers of a fowl, use a small pair of tweezers.

CUT GLASS—When washing cut glass, add a little borax to the suds and rinse in water with a few drops of bluing.

Mrs. J. B. Rowe.

INSECTS—The best remedy for ants is cayenne pepper spread on shelves. Moths will avoid clothes sprinkled with turpentine.

Mrs. Newton C. Wing.

POTATOES—May be baked more quickly by putting them in boiling water, for a few minutes, before putting them into the oven.

Mrs. George S. Obear, Jr.

DRY SALT—A little corn starch in the salt cellar will keep the salt dry.

Mrs. Clarence Bemis.

USE A HAIRPIN—To keep the outlets of bowls, bath tubs or laundry tubs clean, use a buttonhook, or wire hairpin straightened out, and then hooked at the end.

WATER CURE—If onions are peeled under cold water, it does away with the odor and does not cause the eyes to smart.

ICING—To prevent icing from running, lightly dust cake with corn starch.

SCORCH STAINS—may be removed immediately with dry starch and then sponging off. Repeat if necessary.

TAR—Every Mother of small children will be glad to know that tar may be removed from clothing by rubbing with kerosene or turpentine.

NO STARCH—Do not put cotton articles that contain starch away for the winter, as the starch will cause them to rot.

SHELVES—Varnishing or enameling shelves or the inside of drawers, looks better, and they can be kept cleaner, than by use of paper.

Mrs. Newton C. Wing.

DUST—Left over tea leaves kept moist in a cup and sprinkled on a floor to be swept, will prevent any dust.

IRON RUST—To remove iron rust from white material, wet the goods with lemon juice, rub on salt and put in sunshine.

Mrs. J. L. Minson.

GRAVY—Keep a pot of beef extract on hand to use for soup on quick notice, or for gravy. If for soup, cook vegetables in clear water, strain and add one or more teaspoonsful of the extract.

BROOMS—Always buy a new broom before the old one is worn out, so that the old one may be used for rough work.

Mrs. Charles E. Myers.

DUST—Use a paint brush to remove dust from the cracks and carving on furniture.

Mrs. E. G. Foreacre.

ODORS—After peeling onions rub salt or a raw potato on hands and you will find that the onion odor will disappear.

CURDLED MAYONNAISE—When mayonnaise curdles the quickest way to bring it back is to take a teaspoonful of cold water, mix in a generous pinch of corn starch stir smooth and beat slowly into the curdled mayonnaise.

Mrs. Roger Winter.

WHEN FRYING—Add a little salt to the fat, when frying croquets or doughnuts and it will not spatter on the stove.

GASOLINE—The ring sometimes left in clothes, when cleaned with gasoline, may be removed by steaming over a teakettle.

MEALY POTATOES—Baked potatoes will cook mealy if the ends are nipped off before putting in the oven.

Mrs. John Carlson.

SCORCHING—A pan of salt in the oven, under the baking, will prevent scorching.

GELATINE—When unmolding a gelatine dessert, first pour cold water over the dish on which you wish to unmold it, shaking off as much as possible. If the mold fails to fall into the proper place, it is an easy matter to slide it into position.

Mrs. W. Frank Daub.

IRONING BOARDS—may be protected from dust by taking long paper bags of desired width, cutting bottom from bags, and pasting together to required length. Slip over board when not in use.

Lucy Parker.

COLORING—To color successfully and daintily chiffon, veiling artificial flowers, feathers, wings, straw hat braid, etc., take a small amount of tube oil paint, which artists use, thin with gasoline, according to whether you wish to darken the shade with more paint, or lighten with more gasoline. If the worker is careful, the color will be even and permanent. Select a bright, windy day for the work; do the dipping by an open door, and see that each part dries

at the same time. Be careful to leave no undissolved particles of paint in the gasoline; this is easy and satisfactory, giving pastel shades that can be acquired in few other ways.

Mrs. D. F. Stevenson.

MERINGUE—A pinch of baking powder added to meringue will keep same from falling.

A way to test meringue: when brown touch lightly with fingers and if no imprint is left same is done.

Mrs. J. M. Manry.

REFRIGERATOR DRIPPINGS—are splendid for watering box plants, being rich in ammonia. Let stand in sun and warm up before using.

Mrs. Frank L. Stanton.

MEMORANDUM PAGE FOR YOUR OWN RECIPES.

CHAPTER XIX.

HOME GARDENS.

Mrs. H. G. Hastings, Chairman.

Landscape gardening has been in practice since 3000 B. C. as shown in records on an Egyptian tomb. The best of the earlier gardens were those of the Romans, which combined the ideas of the Egyptians, Persians and Greeks.

In England the idea of gardening has been developed to a large degree. The Elizabethen gardens became more decorative and had more relation to the architecture of the house.

One of Queen Elizabeth's chief policies was frugality and her reign was marked by increased resources. At that time the vegetable gardens were separated from the formal gardens and were screened from the more public views of the place.

Landscape architects are especially trained men for laying out of grounds and when possible should be consulted, but, where the places are not large enough to warrant this, much pleasure in planning and carrying out one's ideas is found.

It is necessary to have a complete plan, regardless of whether the work is all done at once or year by year. One owner planted, the first year, his trees, his foundation planting in front, and shrubbery to screen objectionable features; the second year, all corner plantings; the third season, foundation planting completed and evergreens added; the fourth season, herbaceous perennials and architectural features completed the plans. In informal planting, the general mass of the borders follows the lot lines, paralleling them on the outside edge, with curved lines of planting on the inside edge. Where accents are needed to emphasize division of lot into various areas, the border line swells in width, and a corresponding height in plants is called for. The planting should follow the general outline of the house, so it would seem that the out-door living rooms are a part of the house itself, introducing variation in form,

height and color. The front lawn area should be kept open up to the house.

Foundation planting around the house must harmonize in color with house and grounds, accenting corners, openings and views with shrubs of varying height. Vines are used to relieve expanse of house walls, furnish privacy for porches, arbors and pergolas. They are helpful in covering banks and unsightly effects. Evergreens are especially rich for planting about the house—mixed with deciduous plants whose flowers, twigs or fruits make a pleasing contrast with lower values of the evergreens—and produces a cheerful effect the year around.

Roses of garden type, including Tea Roses, Hybrid Teas and Hybrid Perpetuals, should be restricted to gardens. The Rugosa Rose is available for border planting.

Flowers may be planted in borders to serve as the fore ground or "facers" to shrubs along paths or massed in beds of formal design, if they are kept well back from the centers of open spaces. Bulbous plants, such as Narcissus or Daffodils, are effectively planted in colonies similar to those formed by wild flowers planted by nature. They can be left to themselves as the tops soon disappear and the lawn is not injured.

Annuals are best confined to garden beds or borders and are valuable for cut flowers and continuous bloom.

The best guarantee for success is: choosing plants of known hardiness: nursery grown plants with well developed masses of fibrous roots from a dependable nurseryman; planting with an understanding of the requirements of the plants and shrubs for healthy growth, such as their needs of watering, cultivation, mulching or fertilizing. Flower seed planting should follow packet or seed catalog directions.

WHAT AND WHEN TO PLANT FOR TABLE USE.

While many high--sounding adjectives are used in a few seed catalogs, responsible seedsmen illustrate by actual photographic reproductions. Descriptions and cultural directions are dependable and it is well for every person who plants a garden, flower bed or window box to have and follow closely the catalog of thoroughly reliable seedsmen.

General planting tables are fine and being quickly decipherable are quite handy to keep as a reference and reminder. For such a purpose in this short space is given a list of vegetables that do well and are in common use in the latitude of Atlanta. For cultural directions, follow the simple directions printed on the packets or packages of seeds you buy or that you will find in the seed catalogue. The making of garden and flower beds is a simple matter and will repay us greatly for all the time we may spend on their care. Let us grow our own vegetables and flowers. The fresh home grown vegetables are much more delicious than any we can buy at the stores and the flowers make a real home of even the simplest cottage.

TABLE FOR PLANTING GARDEN VEGETABLES.

Name of Vegetable	Seed for 50 ft. of row	Distance between rows	Plants apart in row	Depth of planting in inches	Time of Planting	Ready to Use
Artichoke, Tubers	2 lbs.	2 ft.	1 ft.	2 in.	Feb. to Apr.	6 months
Asparagus	1 pkt.	2 ft.	6 in.	½ in.	Mar., Apr.	2 years
Asparagus Roots	25	2 ft.	2 ft.	3 in.	Mar., Apr.	1 year
Beans, Bush Snap	½ lb.	2 ft.	3 in.	1 in.	Mar. to Aug. 15	6- 9 weeks
Beans, Pole and Lima	½ lb.	3 ft.	8 in.	1 in.	Apr. to Aug. 1	8-13 weeks
Beets	1 oz.	1 ft.	4 in.	1 in.	Mar. to Sept. 1	6-11 weeks
Broccoli	1 pkt.	18 in.	18 in.	½ in.	Mar. to Apr.	3 months
Brussels Sprouts	1 pkt.	18 in.	18 in.	½ in.	Mar. to Apr.	3 months
Cabbage Seed	1 pkt.	18 in.	18 in.	½ in.	Dec. to Mar.	4 months
Cabbage Plants	50	18 in.	18 in.	3 in.	Feb. to Apr., July, Aug.	3- 4 months
Cantaloupe	1 pkt.	4 ft.	3 ft.	1 in.	Apr. to June	3 months
Carrot	1 oz.	1 ft.	3 in.	½ in.	Mar. to Sept.	6-10 weeks
Cauliflower Plants	25	2½ ft	2 ft.	3 in.	Mar. to Apr.	3 months
Celeriac	1 pkt.	2 ft.	6 in	¼ in.	Mar., Aug.	4 months
Celery Plants	100	2 ft.	6 in.	3 in.	Mar., Aug.	4- 5 months
Chard, Swiss	½ oz.	2 ft.	4 in.	1 in.	Mar. to Sept. 1	6-11 weeks
Citron	1 pkt.	4 ft.	3 ft.	1 in.	May, June	3 months
Collard Plants	50	18 in.	18 in.	3 in.	Feb. to Apr., July, Aug	3- 4 months
Collard Seed	1 pkt.	18 in.	18 in.	¼ in.	Feb. to Apr., July, Aug	3- 4 months
Corn, Roasting Ear, Pop	1 pkt.	3 ft.	1 ft.	1 in.	Mar. to July	3 months
Cos Lettuce	½ oz.	1 ft.	10 in.	½ in.	Mar. to Sept.	2- 3 months
Cress	1 pkt.	18 in.	3 in.	½ in.	Feb., Mar., Sept.	5 weeks
Cucumbers	1 pkt.	4 ft.	3 ft.	1 in.	Apr. to June	3 months

Eggplant Seed	1 pkt.	2 ft.	3 in.	½ in.	Mar. to May	3- 4 months
Eggplant Plants	24	3 ft.	2½ ft.	3 in.	May, June	2 months
Endive	1 oz.	18 in.	12 in.	½ in.	Aug.	10 weeks
Fetticus, Corn Salad	1 oz.	18 in.	8 in.	½ in.	Feb., Mar., Sept., Oct	2 months
Gherkins	1 pkt	4 ft.	3 ft.	1 in.	Apr. to June	3 months
Gourds	1 pkt	4 ft.	4 ft.	1 in.	May June	3- 4 months
Grass, Lawn	50 lbs. acre	Broadcast	Broadcast	⅛ in.	Sept. to Mar.	2- 4 months
Herbs	2 pkts.	1 ft.	6 in.	½ in.	Mar. to May	1- 4 months
Horseradish Roots	50	2 ft.	1 ft.	4 in.	Feb., Mar.	6-12 months
Kale or Borecole	2 pkts.	18 in.	6 in.	½ in.	Feb. to Oct.	3- 4 months
Kohl Rabi	2 pkts	18 in.	6 in.	½ in.	Mar., Apr.	8-10 weeks
Leek	½ oz.	2 ft.	4 in.	½ in.	Mar., Apr., Sept.	4- 5 months
Lettuce	1 pkt.	1 ft.	1 ft.	½ in.	Mar. to Sept.	2- 3 months
Mustard	1 pkt.	18 in.	4 in.	½ in.	Mar. to Oct.	6- 8 weeks
Okra	1 oz.	3 ft.	1 ft	1 in.	Apr., May	3- 4 months
Onion	1 pkt.	18 in.	2 in.	½ in.	Sept., Oct., Mar., Apr	4- 5 months
Onion Sets	1 lb.	18 in.	3 in.	1½ in.	Feb. to Apr., Aug.	3- 4 months
Parsley	1 pkt.	1 ft.	4 in.	½ in.	Mar., Apr., Aug.	3- 4 months
Parsnips	1 oz.	2 ft	4 in.	1 in.	Mar., Apr.	4- 5 months
Peas, Garden	1 lb.	2½ ft.	3 in.	1 in.	Mar. to May	7- 9 weeks
Peas, Cow or Field	½ lb.	3 ft.	2 in.	2 in.	May to Aug.	3 months
Pepper	1 pkt.	3 ft.	2 ft	½ in.	Apr. to June	5 months
Pe Tsai (Chinese Cabbage)	1 pkt	18 in.	18 in.	½ in.	Feb., Mar.	3- 4 months
Potatoes, Irish, Tubers	7½ lbs	2½ ft.	1 ft.	2 in.	Mar., Apr., July, Aug	3 months
Potatoes, Sweet Plants	25	2½ ft.	2 ft.	3 in.	Apr., May	3 months
Pumpkin	1 oz.	6 ft	4 ft.	2 in.	May, June	3- 4 months
Radish	1 oz.	1 ft	2 in.	½ in.	Feb. to Sept.	3- 6 weeks
Rape	1 oz.	1 ft.	1 in.	½ in.	Feb. to Sept.	6- 8 weeks
Rhubarb, Pie Plant	25	3 ft.	3 ft.	Tips showing	Feb., Apr.	1- 2 years
Rutabaga	1 oz.	2 ft	4 in.	½ in.	Feb.-Aug.	8-10 weeks
Salsify	1 pkt.	18 in.	3 in.	½ in.	Feb.-May	4- 5 months
Spinach	1 oz	18 in.	1 in.	1 in.	Feb.-May, Sept., Oct	4- 5 weeks
Spinach, New Zealand	½ oz	18 in.	3 in	1 in.	Apr.-July	2 months
Squash	½ oz.	3 ft.	3 ft	1 in.	Apr.-June	- 3 months
Tomato	1 pkt.	3 ft.	2½ ft.	½ in.	Mar.-Aug.	3- 4 months
Tomato Plants	24	3 ft.	2½ ft	3 in.	May, June, Aug.	3 months
Turnips	1 oz.	2 ft.	4 in	½ in.	Feb.-Sept.	8-10 weeks
Watermelon	1 oz.	6 ft.	4 ft.	2 in.	Apr. to June	3- 4 months

LOCHRIDGE-HATCHER WEDDING TABLE

The bride's table was arranged at one end of the spacious ballroom, before the large fireplace. A canopy of Killarney roses was upheld by a standard studded with other roses and valley lilies over the wedding cake, which adorned the center of the table. Encircling this were small trees of pink roses and valley lilies connected with ropes of smilax

CHAPTER XX.

RECIPES FOR SPECIAL OCCASIONS.

The following recipes are of such an unusual nature it seems best not to classify them in any particular chapter. Other casserole dishes have been placed in chapters, where they seemed to belong, being classified according to their chief ingredient. Many of the following will be found useful for children's parties.

The Editors.

ITALIAN SPAGHETTI.

(Original Recipe.)

Each item of the following should be multiplied by the number of persons partaking.

½ lb. medium-caliber Spaghetti.
¼ lb. butter.
1 medium-sized onion.
¼ of a "bloom" of garlic.
½ tin tomato-paste (Italian brand).
¼ Parmisan or Roman cheese.

Mince onions and fry in butter till brown. Then add in following rotation at 2 minutes intervals: (1) tomato paste properly diluted in little water, (2) garlic finely minced, (3) 1 large spoon grated cheese per person, saving balance for serving time. During above proceeding, start cooking spaghetti in boiling water. Time for cooking runs usually as long as time for frying of sauce. Strain spaghetti very carefully and mix it with sauce. Serve hot. Sprinkle individual helpings with remaining cheese.

Enrico Leide,
(Manager Howard Theatre.)

JACK IN THE BOX.

1 cup butter.
½ pt. whipped cream.
2 cups sugar.
3 cups flour.
½ t-spoon vanilla.
1 cup water.
2 t-spoons Royal baking powder.
3 eggs.

Cream butter and sugar together; add eggs beaten; then add flour into which baking powder has been sifted. Mix well and bake in muffin pans and set aside after baking. The following day cut off top of cake, scoop out the inside and fill with whipped cream sweetened and flavored with vanilla. Replace the top and ice with heavy chocolate or caramel icing.

Mrs. George A. Dewald.

MEXICAN SPAGHETTI.

3 pork chops.
1 can tomatoes.
¼ lb. cheese.
¼ package Spaghetti.
1 Bell pepper.
1 onion.
¼ t-spoon salt.

Boil spaghetti in salty water until tender, then drain. Cut meat in small pieces and cook with tomatoes, onions and bell pepper. Place this in a baking dish, alternating with layers of spaghetti, the vegetable mixture and grated cheese. Season with pepper and salt. Bake 20 minutes. Serve hot.

Mrs. L. D. Williams.

NEW ENGLAND BOILED DINNER.

5 lbs. corned beef.
6 carrots.
2 rutabaga turnips.
1 medium sized cabbage.
6 medium sized potatoes.
6 medium sized beets.

Cook beef in boiling water slowly 3-½ hrs. or until tender. Remove meat, put cabbage, turnips, and carrots into liquor, and boil ½ hr. Add potatoes and cook ½ hr. longer. Cook beets separately. Serve beef on large platter surrounded by vegetables. Use pickled beets if preferred.

Mrs. Katherine Cummings.
Tewksbury, Mass.

HUNGARIAN GOULASH.

½ dozen onions.
1 pound round steak.
2 cups raw potatoes (diced).
2 cups raw carrots (diced).
2 tbls. lard.
1 qt. water.
1 red pepper.
1 green pepper.
3 tomatoes.
1 bay leaf.
2 cloves.
6 allspice.

Cut up onions and brown in frying pan with two tbls. lard. Put in a little flour to thicken. Add the round steak cut in small pieces. Stir so meat sears. Add the diced potatoes and carrots, also the tomatoes, and one bay leaf, two cloves, six allspice and the peppers chopped fine. Add one quart water and cook until all are tender.

Mrs. Harry L. Wills.

DOLLY CAKES IN CAPS.

Bake any reliable cake mixture in round patty or muffin pans, and cover the tops with white icing. With a fine, new, paint brush dipped in melted chocolate, indicate eyes, nose and mouth. Much variety can be secured by slanting the eyes, turning the corners of the mouths up or down, etc. Cut circles of white tissue paper larger than the cakes, pink the edges, and run a white ribbon or thread around each, one inch from the edge. Set the cakes each in a cap, and tie the ribbon. Grownup children will enjoy these as much as the little ones.

Mrs. Newton C. Wing.

SAVORY PUDDING.

1 lb. boiled onions.
½ lb. bread crumbs.
3 ozs. shredded suet.
½ tbls. of sage.
1 egg and a very little milk.
Salt and pepper to season.

Chop the onions, heat the breadcrumbs and onions together, add all the other ingredients and lastly mix with egg and milk. Add hot drippings to mixture, spread even over the pan and bake in a quick oven for about 40 minutes. Let it stand a few minutes, then cut in squares and serve with gravy.

Mrs. Bertram Ibbetson.

BAKED MACARONI, WITH CHEESE.

¾ cups macaroni, broken in pieces.
2 qts. boiling water.
1 tbls. salt.
2 tbls flour.
2 tbls. butter.
½ cup grated cheese.
1-½ cups scalded milk.
¼ cup buttered bread crumbs.

Cook macaroni in the boiling salted water for twenty minutes; drain and blanch in cold water. Make a white sauce of the butter, flour and milk. Add seasoning to the sauce. Arrange a layer of cooked macaroni in the bottom of a buttered baking dish; sprinkle with the grated cheese, repeat until all the macaroni and cheese are used; pour over the white sauce, cover the top with buttered crumbs and bake for twenty minutes in a hot oven, or long enough to give the top a nice brown.

Mrs. Ernest Covington.

APPLE BASKETS.

6 apples.
¾ lb. light brown sugar.
1 lemon-juice and rind.
1 oz. ginger root.

Cut two pieces from each apple, leaving what remains, in the shape of a basket with a handle, after hollowing it out. Chop the apple pulp, amounting to about two cups, add sugar, lemon juice and rind, the ginger, pinch of salt and enough water to cover. Cook slowly four hours, adding water from time to time. Serve in baskets. These are particularly good with roast pork.

Mrs. Newton C. Wing.

MACARONI WITH TOMATO SAUCE.

¾ cup macaroni.
2 qts. boiling water.
1 tbls. salt.
2 butter.
3 tbls. flour.
1-½ cups tomato juice.
1 slice onion.
2 slices green pepper.

Cook the macaroni in the boiling salted water for twenty minutes, drain and blanch. Brown the butter, add the flour and seasoning. Cook the tomato juice with slice of onion and green pepper; strain into cooked butter and flour slowly. Cook until smooth and thick, and pour over the macaroni.

Mrs. Lester White.

STUFFED GREEN PEPPERS.

1 dozen peppers.
1 stalk celery.
3 ears tender corn.
1 tbls. butter.
½ cup crackers.
1 small chicken.
3 large tomatoes.
1 cup bread crumbs.
½ cup cream sauce.
Salt and pepper to taste.

Select nice peppers average size, cut off ends and remove inside surplus and seed. Stand peppers in cold water while filling is prepared. Have ready small size young frier boiled tender. Add chopped celery to chicken and allow all to cool in liquid in which chicken was boiled. Remove meat from chicken and put through meat chopper. Cut tomatoes and corn fine, add with bread crumbs butter, salt and pepper. Mix well together the above ingredients with the cream sauce and stuff each pepper. Sprinkle thickly with crushed cracker crumbs. Add a little water to baking dish to prevent sticking. Bake thirty minutes.

Mrs. Moreland Zellers,
Grantville, Ga.

ESCALLOPED HAM AND EGGS, EN CASSEROLE.

2 cups cold boiled ham.
4 hard boiled eggs.
2 cups bread crumbs.
2 tbls. milk.
1 cup cream sauce.

Chop ham fine; slice eggs; grease dish, covering the bottom with about 1/3 of bread crumbs; then add layers of eggs, ham, cream sauce and crumbs. Cover top with crumbs moistened with butter, and pour milk in around top. Bake in moderate oven 20 minutes. Make cream sauce of

1 tbls. butter or bacon grease.
1 cup milk.
1 tbls. flour.
1 tbls. onion juice.

Mrs. Charles Myers.

CHAPTER XXI.

OUR ADVERTISING FAMILY.

By Mrs. Newton C. Wing

Chairman Home Economics Dept.

After a careful investigation of the following firms, the Home Economics Department of the Atlanta Woman's Club takes great pleasure in inviting them to be advertisers in the Cookbook. One firm only of its kind has been selected with the purpose in mind always, of having the advertiser one in whom our readers could have entire confidence, and in this way avoid time spent in making investigations themselves. We regard this as one of the most important features of this work, and hope sincerely that our readers will show their appreciation of our efforts by liberally patronizing these firms. Be sure to read their advertisements which follow this Advertising Chapter.

THE CALORIC FURNACE CO. belongs most properly in the Cookbook, even if it has nothing to do with food, for common sense tells us that we must first be warm and comfortable, else how can we enjoy eating? The Home Economics Department welcomes it gladly therefore both because it makes home cozier, and because it is so economical.

THE FRIGIDAIRE—Just think, a refrigerator never damp! Never to have to watch out for the Ice-man's coming, to see that tickets or change are ready, or that we have been given correct weight—and then finally, perhaps to clean up after muddy feet. All these things are unnecessary with the Frigidaire. For several months we studied this delightful electrical contrivance at close range, the Frigidaire Company being kind enough to install it in our model kitchen at the Club House for that purpose, and we recommend it most heartily.

ROYAL BAKING POWDER—The Cookbook editors feel that a commendation of Royal needs must be superfluous, so long has it been the standard of excellence. Confirming this belief, the only baking powder mentioned in our recipes is the Royal. A new feature introduced by this firm is their selection of a consulting household specialist, who will be glad to answer all questions concerning household problems addressed to the Educational Department, Royal Baking Powder Company.

OPTICIANS, A. K. HAWKES & CO. We would really not need to say anything more about A. K. Hawkes & Co. than to remind our readers that this sterling Atlanta firm has been in business over fifty years in our city. That fact certainly speaks for itself, but we can't resist the opportunity to tell you also that it's a reliable place to get one's eyes tested and fitted; that they have the latest thing in cameras and photographic methods, and that we fell in love with an oven thermometer we saw there, which every one who reads our chapters on baking will want to purchase.

JESSUP & ANTRIM—ICE CREAM MANUFACTURERS.—This firm has been a member of our Woman's Club "family" for some time, having supplied delicious ice-cream for practically all the big affairs held at the club house and also at the Children's Play Room, established by our Home Economic Department downtown, to care for children while the mothers shop. We have found this firm to be thoroughly dependable in the things that count—their cream is uniformly good, their deliveries are always on time, and they are kindness itself in filling rush or emergency orders.

THE WHITE PROVISION COMPANY—The story which our beloved Henry W. Grady told of the poor "one gallus" fellow from Georgia who, when it came time to die, found that the South furnished him nothing but the hole in the ground in which to be buried—that everything else for the funeral had to be imported from the North seems a far cry from the prosperous times of present Southland. The time is here, when Georgia cannot only furnish us the necessary elements of a funeral, but what is more important —can provide the necessities of life.

A pioneer who has helped to bring about this happy change is Mr. W. H. White, Jr., President of the White Provision Company. By stimulating the livestock industry in Georgia, by building a modern packing house in Atlanta, establishing the home of the famous CORNFIELD BRAND HAMS AND BACON, he has earned the admiration and gratitude, not only of all true Georgians, but of good Americans everywhere, for he is helping to develop his own part of the country, without harming any other part which surely is the duty of all citizens.

McCRARY — PHOTOGRAPHER — This Department takes great pleasure in recommending the McCrary Studios, for artistic portraits, and for sensible prices. Even during the period of the late war, these prices did not take upward trend, with which we became so unpleasantly familiar, in so many cases of necessities and luxuries. We find in the McCrary Studios pleasant atmosphere, of genial welcome and artistic accomplishment.

THE HOWARD THEATRE—Built with the artistry inspired by years of foreign travel on the part of Mr. Troup Howard, this wonder-place satisfies the artistic longing of the most cultured, and raises the standard of others who have grown accustomed perhaps to consider the tawdry finery purchased by money alone—the criterion. Even without its wonderful moving pictures, it would be soul-satisfying to rest in the luxurious seats breathing in the harmony of color and music. After a year of its charm, it still holds us spell-bound, and thankful that such things can be.

WISE DRUG COMPANY. After leaving the Howard, we find it the most natural thing in the world to turn to the left into the beautiful home of the Wise Drug Co. and get one of their delicious orange drinks. Aside from the hospitality dispensed at the soda-fountain, we are assured of all the necessities to be found in a good drug store. When added to this is a satisfaction produced by the elegance and simplicity which marks this in common with the Howard Theatre, we find—it easy to form a Wise habit.

THE DAFFODIL TEA ROOM AND RESTAURANT—Continuing down Pryor street, about a block from the Howard, we find one of the coziest places to eat. Accomplishing the usually impossible feat of providing delicious individual cooking on a large scale, the Daffodil has become the rendezvous for all who like an atmosphere of home. Here every day, friends meet friends, and one has the feeling of hospitality offered in a delightful personal manner by the owner, Mrs. J. E. McRee, and her assistants.

JOY'S FLOWER SHOP—There may be a flower shop with a prettier name but we doubt it, for to all women joy and flowers are synonymous. Our acquaintance with this florist, where the Woman's Club Hospital Committee purchase its many floral gifts, and which numbers among its clientele many other club members, assures this firm of our hearty co-operation.

M. MILLER'S PECANS—Pronounced "pecawns", "pecons" or "pecans" according to the section in which you live, does not affect the thinness of the shell the delicate flavor, nor the food value of the delicious pecans grown by J. R. and J. B. Miller, Pecan Nurserymen of Baconton, Ga. We strongly recommend readers of this book to order direct from Baconton—"the Home of the Pecan" and then use them in our cake and salad recipes.

ATLANTA NATIONAL BANK—The modern housewife or professional woman whether she "budgets" or uses a salary economically, finds an indispensable adjunct to be a good bank. After several years' acquaintance with the Atlanta National, we recommend it as a place where women will receive special consideration and the fact that it is especially near the shopping district, adds to the convenience.

BLOCK BISCUIT AND CRACKER COMPANY is an Atlanta firm acquiring national prominence owing to the excellence of its wares. This firm has given an elaborate demonstration of its products at a general meeting of our Home Economics Department, and we endorse it most heartily. A visitor to its large factories is immediately impressed by the hygienic conditions under which these dainty cakes and crackers are made.

L. W. ROGERS GROCERY CO. enjoys the friendship and appreciation of Atlanta housewives to the fullest extent. This firm made it possible, during the difficult war period, for a great many of us to furnish our tables with the necessaries of life at a price which was not prohibitive. Continuing this policy during peace times, makes the "Rogers Habit" part of the daily life of ninety per cent of Atlanta housewives.

KING HARDWARE—Seems to have everything that anbody could wish to equip a home, both inside and outside. Through this store, our Department purchased many hundred dollars worth of equipment to furnish our model club kitchen, and we are promised by the management that the articles mentioned in our chapter on KITCHEN EQUIPMENT will be on hand, when the Cookbook readers ask for them.

SOUTHERN DECORATING CO. A trip through this store makes one want to give a party every day in the year, for such fascinating things as are to be seen! Dainty favors for tea parties, funny favors for children's parties (old or young), and materials to decorate the walls of immense halls, or large areas—for auto parades, or at any time when the spirit moves us to "dress up". Entertainers at the many social functions of the Woman's Club and elsewhere, will find a delightful variety of table decorations.

GEORGIA RAILWAY & POWER COMPANY.—Doesn't that seem like a big subject to handle in one little paragraph? Visions of elemental powers harnessed and brought into subjection are more understandable, however, when we think of them in terms of cooking, baking, and in the evening, the cheery reading lamp. Furnished in such abundance, and with no effort on our part we are apt to take such luxuries as a matter of course, without pausing to think of the arduous labor that makes them possible. Let us give thought, now and then, to the time and effort which have made these comforts ours, and let us do our part, in conservation and co-operation. Our readers will find our chapter on gas economy very useful in this connection.

ATLANTA MILLING COMPANY. — Two very important events will happen simultaneously in Atlanta—the production of this Cookbook and the introduction of a brand new pastry flour called "Pride of Atlanta". We are glad to recommend its use in our cake recipes; and as Irwin Cobb says, "Say it with flours". A long time has been spent in making ready for the market this pastry flour, inspired by the desire to call only the very best—"PRIDE OF ATLANTA". As all good cooks know a fine pastry flour is absolutely necessary for the making of fine pastries, so we are glad to be among the first to sponsor this brand.

JEWEL FURNITURE POLISH—The invention of an Atlanta woman, this polish abundantly proves the theory that home products may be as good or sometimes better than those for which we go far afield. This polish has been thoroughly tested by the Department, and we heartily recommend it.

In presenting it to our readers of the fair sex, we wish to add this word of caution—"Be sure that Hubby has one for his own use, or you will find that he has borrowed it to polish his car, as it is equally effective for that."

BINDERS GIFT SHOP AND PICTURE FRAMERY is just the place to get those new pictures for which you have been longing, as a splendid assortment may be found there, and at unusually reasonable prices. Almost everybody has prints on hand to be framed. Why not take them into Binders on Pryor Street, just below the Daffodil, and get them framed, and while there, look at the attractive things in the gift shop.

SOUTHERN COTTON OIL CO.—We feel honored to welcome into our Home Economics family the advertisement for Wessons Oil and Snowdrift. The development of these products serves to exemplify the wonderful progress in Southern industry, which has been made in the last few decades. We can imagine no home complete without both these necessary adjuncts, and recommend them for all of our recipes calling for shortening, frying, or any cooking.

AMERICAN BAKERIES CORPORATION—Merita Bread is fast making friends on its merits, for its really home made bread, and priced so reasonably, too. Its just the thing to put in the school lunch, and when everything's ready, what could be more convenient than to wrap the whole lunch in the sanitary oiled paper which has served to keep the bread so sweet and moist.

JOHNSON-DALLIS COMPANY.—The very surest proof that this firm is very popular with this Department, lies in the fact that, after a search of months for a firm that suited exactly the

very high requirements for the production of this Cookbook, we at last selected Johnson-Dallis Co., and we are sure that you will agree with us after reading our book and seeing the high quality of workmanship.

BUICK MOTOR CO.—For the person who wants a car of which its owner will never need be apologetic—which will take its place among the most expensive cars, yet be within reach of those in only comfortable circumstances; which is luxurious to ride in, yet economical in the amount of gasoline needed; easy for a woman to drive, yet tough enough to stand long, hard trips—we recommend the Buick. They say that when a better car is made, they will make it and we believe them, for we have tested them ourselves, covering a period of ten years.

ELLA SMITH DOLL CO.—In selecting our Cookbook advertisers, we were not thinking particularly of singling out *women*. Is it a coincidence, or a sign of the times, that three of our new "family" are inventors and originators of things unique? This ALABAMA INDESTRUCTIBLE DOLL was born in a womans love for her own children. Made first for them, the demand spread like wildfire, until now it seems as if the whole world wants this darling doll, that can withstand the punishment, to which, unwittingly, its little mothers and daddies submit it.

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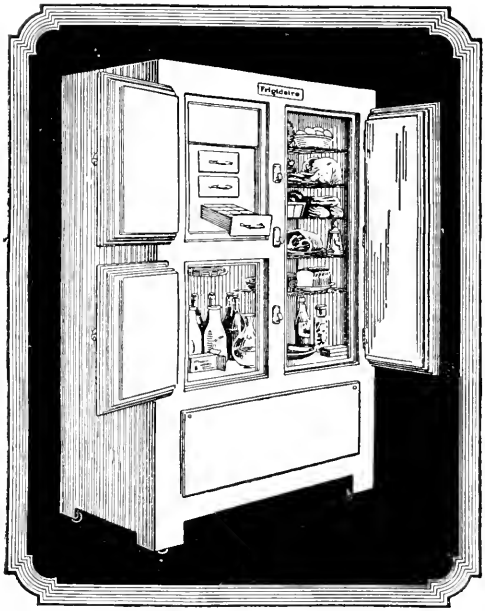

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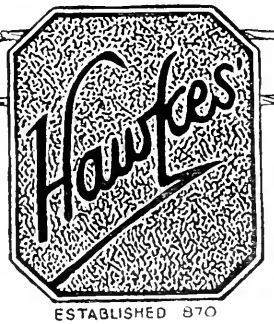

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And just as Atlanta has improved year by year, so, too, have we striven to do things better, to employ every faculty for increasing our usefulness and to continue to merit your fullest confidence.

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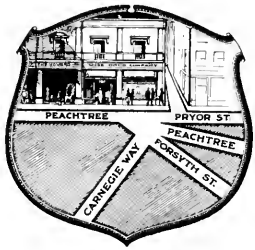

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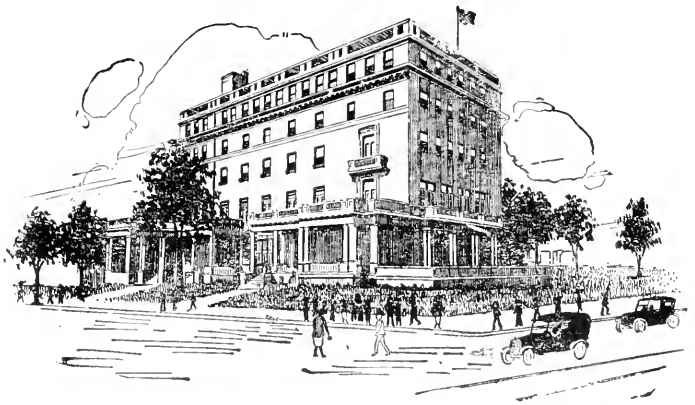
United States Government, State of Georgia, County of Fulton and City of Atlanta.



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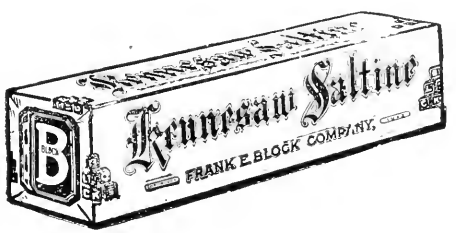

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When the water in the vessel has come to the boiling point, reduce the flame by turning the gas valve handle.

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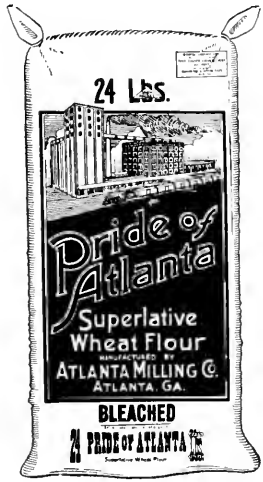
In case of any trouble with your gas, telephone Ivy 4400 and ask for the Gas Service Department.

GEORGIA RAILWAY AND POWER CO.

P. S. ARKWRIGHT, President

The Pride of Atlanta



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for a delicious, inexpensive dessert that will be enjoyed by the entire household, we recommend

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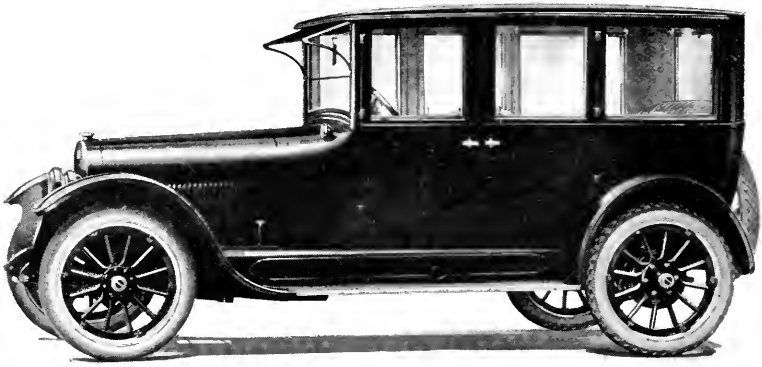

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On account of its dependability—ease of operation—roomy comfort, and low cost of up-keep, the Buick is the ideal car for the family.

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